WEEKLY GYM CLASS SCHEDULE

FIT 4 HER

MON

MORNING / AFTERNOON CLASSES

- STRETCH & MOBILITY
  6.30 - 7.15
  WITH BETH
- INTERMEDIATE CIRCUITS
  10.30 - 11.15
  WITH LAUREN
- YOGA
  10.00 - 10.45
  WITH EMILY
- ABS
  11.30 - 12.00
  WITH LAUREN

EVENING CLASSES

- ZUMBA
  17.30 - 18.15
  WITH GEORGIE
- YOGA
  18.15 - 19.15
  WITH ADELE
- LBT (LEGS, BUMS + TUMS)
  19.30 - 20.15
  WITH SEEMA
- SPIN
  19.30 - 20.15
  WITH GRACEIELA
- PILATES
  19.30 - 20.15
  WITH EMILY

TUE

MORNING / AFTERNOON CLASSES

- BEGINNERS WEIGHTS
  6.30 - 7.30
  WITH BETH
- LBT (LEGS, BUMS + TUMS)
  10.00 - 10.45
  WITH BETH

EVENING CLASSES

- CIRCUITS
  17.30 - 18.15
  WITH LAUREN
- PILATES
  18.30 - 19.15
  WITH GEORGIE
- BOXERCISE
  18.30 - 19.15
  WITH AYESHA
- STRENGTH & TONE
  19.30 - 20.15
  WITH ELOISE

WED

MORNING / AFTERNOON CLASSES

- SPIN
  6.30 - 7.15
  WITH GEORGIE
- YOGA
  10.00 - 11.00
  WITH HAYLEY
- STRENGTH & TONE
  11.15 - 12.15
  WITH LAUREN
- PILATES
  13.00 - 13.45
  WITH ANN-MAREE

EVENING CLASSES

- PUMP
  18.30 - 19.15
  WITH BETH
- PILATES
  18.30 - 19.15
  WITH DARJA
- BOOTY BURN
  19.30 - 20.15
  WITH ELOISE
- YOGA
  19.30 - 20.15
  WITH HAYLEY

THU

MORNING / AFTERNOON CLASSES

- FULL BODY TONE
  6.30 - 7.15
  WITH GEORGIE
- CORE
  10.00 - 10.45
  WITH LAUREN
- BOXERCISE
  11.00 - 11.45
  WITH LAUREN

EVENING CLASSES

- PILATES
  18.30 - 19.15
  WITH DARJA
- BOOTCAMP
  19.30 - 20.15
  WITH SUMAYA

FRI

MORNING / AFTERNOON CLASSES

- CARDIO CRAZE
  6.30 - 7.15
  WITH SEEMA
- YOGA
  10.00 - 10.45
  WITH EMILY
- ALL LEVELS HIIT
  11.00 - 11.45
  WITH SEEMA

EVENING CLASSES

- ADULT & CHILD MINI CIRCUITS
  17.30 - 18.15
  WITH ELOISE
- SPIN
  18.00 - 18.45
  WITH GEORGIE
- YOGA
  18.30 - 18.45
  WITH HAYLEY
- BOXERCISE
  18.30 - 19.15
  WITH AYESHA
- ZUMBA
  19.20 - 20.05
  WITH GEORGIE

SAT

MORNING / AFTERNOON CLASSES

- LBT (LEGS, BUMS + TUMS)
  9.00 - 9.45
  WITH SUMAYA
- CIRCUITS
  10.15 - 11.00
  WITH SUMAYA
- PILATES
  10.15 - 11.15
  WITH DARJA

EVENING CLASSES

- ABS
  17.00 - 17.30
  WITH SEEMA
- CARDIO CRAZE
  18.00 - 18.45
  WITH SEEMA

SUN

MORNING / AFTERNOON CLASSES

- INTERMEDIATE WEIGHTS
  10.00 - 11.00
  WITH BETH
- BEGINNERS WEIGHTS
  12.00 - 13.00
  WITH BETH
- ADULT & KIDS MINI MUSCLES
  16.00 - 17.00
  WITH SUMAYA

EVENING CLASSES

- STRENGTH & CONDITIONING
  17.15 - 18.00
  WITH SUMAYA
- RESTORATIVE YOGA
  17.30 - 18.30
  WITH HAYLEY

BOOK VIA THE APP

CLASS TYPE

CARDIO · STRENGTH · STRETCH · FUNCTIONAL · CIRCUIT · DANCE · MIND & BODY