

# CLASSES TIMETABLE

## MONDAY

07:30	<b>TRX</b>
-	
08:15	Gym - Instructor Led
08:15	<b>HIIT</b>
-	
08:45	Gym - Instructor Led
11:00	<b>QueenX Core</b>
-	
11:30	Gym - Instructor Led
12:30	<b>BoxFit</b>
-	
13:00	Studio 1 & Online - Instructor Led
13:00	<b>Total Body Conditioning</b>
-	
13:30	Gym - Instructor Led
15:00	<b>Stages Flight Virtual Spin</b>
-	
15:45	Studio 2
15:30	<b>Ab Attack</b>
-	
16:00	Studio 1 & Online - Instructor Led
16:15	<b>Kettlebells</b>
-	
17:00	Studio 1 & Online - Instructor Led
17:00	<b>Dance Fit</b>
-	
17:30	Studio 1 - Instructor Led
17:30	<b>Spin</b>
-	
18:15	Studio 2 - Instructor Led
18:15	<b>TRX</b>
-	
18:45	Gym - Instructor Led

## TUESDAY

07:30	<b>Dumbbells</b>
-	
08:15	Studio 1 - Instructor Led
07:30	<b>Stages Flight Virtual Spin</b>
-	
08:15	Studio 2
08:15	<b>BoxFit</b>
-	
08:45	Gym - Instructor Led
09:00	<b>QueenaX HIIT</b>
-	
09:30	Gym - Instructor Led
12:30	<b>LBT</b>
-	
13:00	Studio 1 & Online - Instructor Led
13:00	<b>Abs</b>
-	
13:30	Studio 1 & Online - Instructor Led
15:30	<b>Stretch &amp; Relax</b>
-	
16:00	Studio 1 & Online - Instructor Led
16:30	<b>Boxing</b>
-	
17:30	Gym - Instructor Led
17:30	<b>Spin</b>
-	
18:15	Studio 2 - Instructor Led
18:15	<b>Core/Abs</b>
-	
18:45	Gym - Instructor Led

## WEDNESDAY

07:30	<b>Boxing</b>
-	
08:15	Gym - Instructor Led
07:45	<b>Stages Flight Virtual Spin</b>
-	
08:30	Studio 2
08:15	<b>Ab Attack</b>
-	
08:35	Gym - Instructor Led
08:15	<b>QueenaX HIIT</b>
-	
08:35	Gym - Instructor Led
12:00	<b>LBT</b>
-	
12:30	Studio 1 & Online - Instructor Led
13:00	<b>Total Body Conditioning</b>
-	
13:30	Studio 1 & Online - Instructor Led
16:15	<b>Kettlebells</b>
-	
17:15	Studio 1 & Online - Instructor Led
17:15	<b>Spin</b>
-	
18:00	Studio 2 - Instructor Led
18:15	<b>Core/Abs</b>
-	
18:45	Gym - Instructor Led

## THURSDAY

07:30	<b>Barbell Fitness</b>
-	
08:15	Studio 1 - Instructor Led
08:15	<b>TRX</b>
-	
08:45	Gym - Instructor Led
09:00	<b>Kettlebells</b>
-	
09:30	Studio 1 & Online - Instructor Led
11:00	<b>HIIT</b>
-	
11:30	Studio 1 & Online - Instructor Led
12:15	<b>Total Body Conditioning</b>
-	
13:00	Studio 1 & Online - Instructor Led
16:15	<b>LBT</b>
-	
17:00	Studio 1 & Online - Instructor Led
17:15	<b>Yoga</b>
-	
18:00	Studio 1 & Online - Instructor Led
17:15	<b>Spin</b>
-	
17:45	Studio 2 - Instructor Led
18:15	<b>QueenaX Core</b>
-	
18:45	Gym - Instructor Led

## FRIDAY

07:30	<b>TRX</b>
-	
08:15	Gym - Instructor Led
07:45	<b>Stages Flight Virtual Spin</b>
-	
08:30	Studio 2
08:15	<b>QueenX Circuits</b>
-	
08:45	Gym - Instructor Led
12:00	<b>BoxFit</b>
-	
12:30	Studio 1 & Online - Instructor Led
12:30	<b>Total Body Conditioning</b>
-	
13:00	Studio 1 & Online - Instructor Led
12:30	<b>Stages Flight Virtual Spin</b>
-	
13:00	Studio 2
13:00	<b>Yoga</b>
-	
13:30	Studio 1 & Online - Instructor Led
16:30	<b>Abs</b>
-	
17:00	Gym - Instructor Led

 Cycling

 Cardio

 Strength

 Mind-Body