

CLASS TIMETABLE



MON

Power Grind
9:30am
Lisa B

Target & Tone
10am
Mark

Viking Core
12pm
Rob

Anti Gravity
5:05pm
Zoe

Ultimate Female Coach (UFC)
5:05pm
Lisa B

Jagua
6:05pm
Kelly

SPIN *COMING SOON*
7:05pm
Rebecca

HIIT Squad
6:05pm
Mark & Lisa

HIIT Squad
7:05pm
Mark & Lisa

TUES

Spin
6:05am
Rebecca

Kettlecise
9:30am
Rebecca

Target & Tone
10am
Mark

Viking Core
12pm
Rob

Defined
6:05pm
Mark

Viking Core
6:05pm
Rob

Warrior Power Bands
7:05pm
Kelly

Viking Foundation
7:05pm
Rob

Power Reps
7:05pm
Mark

WED

HIIT Squad
6:30am
Mark

Reps 2 Success
9:30am
Mark

Booty
10am
Lisa

Viking Core
12pm
Rob

Spartan Performance
5:05pm
Mark

Body Blaster
5:05pm
Zoe

Stretch Reset
6:05pm
Zoe

HIIT Squad
6:05pm
Mark & Lisa

Tabata Step
7:05pm
Kirsty

HIIT Squad
7:05pm
Mark & Lisa

THURS

Spin
6:05am
Rebecca

Kettlecise *COMING SOON*
9:30am
Rebecca

HIIT Squad
10am
Mark

Viking Core
12pm
Rob

Level Up
6:05pm
Mark

Konga
6:05pm
Kelly

Jungle Body Mix
7:05pm
Kelly

Viking Core
7:05pm
Rob

Power Reps
7:05pm
Mark

FRI

HIIT Squad
6:30am
Mark

Power Grind
9:30am
Lisa

Target & Tone
10am
Mark

Viking Core
12pm
Rob

Z - Extreme
5:05pm
Zoe

Body Blaster
6:05pm
Zoe

SAT

Spin
8:05am
Rebecca

Kettlecise
9:05am
Rebecca