

STUDIO & ONLINE TIMETABLE

January/March 2022

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SPIN BOOKING – DOWNLOAD

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Gymcatch -
Book Fitness
Your fitness schedule

MONDAY	9.30 -10.00 Box-Hiit <small>*Studio/Monthly live</small>	10.10 - 10.40 Kettlebells <small>*Studio/Monthly live</small>	10.55 -11.55 Yogalates	12.10-12.40 SpinXpress	18.00 -18.40 Step 40 <small>*Studio/Monthly live</small>	18.50 -19.20 Pump N Tone	19.30 - 20.00 SpinXpress
TUESDAY	9.30 -10.00 Spin Decades	10.15 -11.15 Power Pilates			17.30 -18.00 Total Toning	18.10 - 18.40 Spin Decades	18.50 -19.30 Dance fever
WEDNESDAY	9.30 -10.00 Bounce – Hiit	10.10 - 10.40 Total Toning <small>*Studio/Monthly live</small>		13.00-13.30 SpinXpress	17.30 -18.15 Power Pilates <small>*New*</small>	18.25 -18.55 Tae Bo <small>*Studio/Monthly live</small>	19.00-19.30 Legs/bums/tu m <small>*Studio/Monthly live</small>
THURSDAY	9.30 -10.00 Step 30	10.10 -10.40 Arms/Abs blast	10.50 -11.20 SpinXpress	12.00 -13.00 Back/care Pilates <small>Online monthly live</small>	17.30 - 18.00 Kettlebells	18.15 - 18.45 SpinXpress	19.00 - 20.00 Pure Pilates
FRIDAY	9.30 -10.00 Spin Decades	10.15 -11.15 Pure Pilates <small>*Studio/Monthly live</small>			17.15 - 17.45 SpinXpress	17.55 -18.25 Arms/Abs blast	
SATURDAY	9.30 - 10.00 Pump N Tone <small>*Studio/Monthly live</small>	10.10 - 10.40 FiiT <small>*Studio/Monthly live</small>			*214 pre-recorded online classes available to choose from.		
SUNDAY	9.30 - 10.00 SpinXpress	10.10 - 10.40 Strength & Conditioning			*1ST week of every month, 10 Live-online classes: Box-hiit, Kettlebells, Step, Total Toning, Tae Bo, LBT, Pilates, Pump n Tone & FiiT & Back/care.		