





	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6.15am - 7.00am	Kettleblast			Spin			
9.30am - 10.30am	Bodyblast	Legs, Bums, Tums	Kettlebells	Kettlebells	Circuits	Circuits (9-10am)	Circuits
10.30am - 11.30am	Spin				 Spin		
6.00pm - 7.00pm	 Spin 6-6.30pm	Fitbox	Kettlebells	Fitbox	 Spin (6-6.30pm)		
	Spin 6.30-7pm				Taekwondo (6.15pm)		
7.00pm - 8.00pm	Insane Fitness	Kettlebells	 Spin 7-7.30pm Spin 7.30-8pm				
8.00pm - 9.00pm				Pilates			

**PLEASE NOTE:** The spin classes with this logo  you need to have the heart rate belts. For the ones without this logo we will still be using the iQniter system but heart rate belts are not compulsory, but if you have a belt it can be used in any of the spin classes.