

01738248355

LIVE-STREAMED CLASSES & OPEN GYM TIMETABLE



MONDAY

8:00-9:00
(3rd fl)
Functional
Fitness
Open Gym

9:00-12:00
Family Open
Gym

18:20-18:50
Kettlebells
Claire

19:10-19:40
Tabata
Claire

TUESDAY

8:00-16:30
(3rd fl)
Functional
Fitness
Open Gym

10:00-11:00
Hatha Yoga
Tammy

15:30-16:15
Strength
& Fitness
Fusion
Andy

17:45-18:15
Step It Up
Caitlin

WEDNESDAY

8:00-12:00
(3rd fl)
Functional Fitness
Open Gym

10:00-11:00
Hatha Yoga
Tammy

12:00-15:00
Family Open
Gym

15:30-16:15
Strength &
Fitness Fusion
Chrystal

17:30-18:00
Hatton Boxing
Claire

18:20-18:50
Studio Strength
Claire

4pm-8pm
(3rd fl)
Functional Fitness
Open Gym

19:10-20:10
Pilates
Pavlina

THURSDAY

8am-8pm
(3rd fl)
Functional
Fitness
Open Gym

17:30-18:10
Women
Who Lift
Tammy

18:20-19:00
Hatha Yoga
Tammy

FRIDAY

8:00-12:00
(3rd fl)
Functional
Fitness
Open Gym

10:00-11:00
Pilates
Tammy

12:00-15:00
Family Open
Gym

15:00-16:00
&
5:30-20:00
Open Gym
(3rd fl)
Functional
Fitness

SATURDAY

9:00-16:00
(3rd fl)
Functional
Fitness
Open Gym

SUNDAY

9:00-16:00
(3rd fl)
Functional
Fitness
Open Gym



2nd Floor Cardio Gym
Open Gym
Mon - Fri 8:00-20:00
Sat & Sun 9:00-16:00

2nd fl Cardio Open gym with
the BEAM
Mon - Fri 15:30-18:00
Sat & Sun 13:00-16:00

Fitness to Feel Better