

# GYM TIMETABLE



EFFECTIVE FROM FROM MONDAY 4TH JUNE 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Operating & Reception Hours	5.00AM – 9.00PM	5.00AM – 9.00PM	5.00AM – 9.00PM	5.00AM – 9.00PM	5.00AM – 9.00PM	7.00AM – 6.00PM	7.00AM – 6.00PM
Crèche Hours	9.00AM – 1.00PM	9.00AM – 1.00PM	9.00AM – 1.00PM	9.00AM – 1.00PM	9.00AM – 1.00PM	7.30AM – 12.00PM	CLOSED
5.15 – 6.00AM		Les Mills RPM		Les Mills RPM			
6.00 – 6.45AM	Barre Attack						
6.00 – 7.00AM					Cardio Box		
6.00 – 7.00AM	Cycle	Les Mills Body Pump	Les Mills RPM	Les Mills Body Pump	Les Mills RPM		
7.30 – 8.15AM						Les Mills BODYSTEP (Classic)	
8.30 – 9.15AM						Les Mills Body Attack	
9.15 – 10.00AM	Barre Attack					Les Mills Body Pump	
9.30 – 10.15AM		Les Mills Body Pump	Cardio Box	Xceler8	Les Mills Body Pump		
10.15 – 10.45AM					Core Strength		
10.15 – 11.00AM		Barre Attack					
11.10 – 11.50AM					Mat Pilates		
12.10 – 12.50PM	Cardio Box	Cycle Core	Les Mills Body Pump	Les Mills RPM	Barre Attack (45mins)		
1.10 – 1.50PM	Mat Pilates						
4.30 – 5.15PM	Body Attack	Xceler8	Les Mills Body Pump				
5.30 – 6.15PM	Les Mills Body Pump	Les Mills RPM		Les Mills Body Pump	Barre Attack		
5.30 – 6.15PM	Les Mills RPM						
6.00 – 7.00PM			Hatha Yoga (Unheated)				
6.15 – 7.00PM			Barre Attack				
6.15 – 7.15PM		Les Mills Body Pump					

**KEY** myMOVES

myMIND & BODY

mySTRENGTH

myCYCLE

\*All classes are subject to change.

# HOLISTIC TIMETABLE



EFFECTIVE FROM FROM MONDAY 4TH JUNE 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Operating &amp; Reception Hours</b>	5.00AM – 9.00PM	5.00AM – 9.00PM	5.00AM – 9.00PM	5.00AM – 9.00PM	5.00AM – 9.00PM	7.00AM – 6.00PM	7.00AM – 6.00PM
<b>Crèche Hours</b>	9.00AM – 1.00PM	9.00AM – 1.00PM	9.00AM – 1.00PM	9.00AM – 1.00PM	9.00AM – 1.00PM	7.30AM – 12.00PM	CLOSED
<b>5.05 – 6.00AM</b>		Power Flow Yoga (Heat 32°)					
<b>6.00 – 7.00AM</b>	Detox Yoga (Heat 30°)		Power Flow Yoga (Heat 32°)		Yin Yoga (Unheated)	Zero Gravity Spinal Decompression Session	
<b>6.15 – 7.15AM</b>		Core Fit Yoga (Unheated)		Yoga Fit (Unheated)			
<b>7.15 – 8.00AM</b>		Pilates Reformer Definition	Pilates Reformer Perfect 10	Pilates Reformer Energise	Pilates Reformer Everybody		
<b>7.15 – 8.15AM</b>	Slow Flow Yoga (Unheated)				Core Fit Yoga (Heat 30°)	Yoga Fit (Heat 32°)	
<b>8.30 – 9.30AM</b>						Slow Flow Yoga (Unheated)	
<b>9.00 – 10.00AM</b>							Power Flow Yoga (Heat 32°)
<b>9.30 – 10.15AM</b>			Pilates Reformer Everybody				
<b>9.30 – 10.30AM</b>	Power Flow Yoga (Heat 32°)		Hot B Yoga (Heat 38°)		Yoga Fit (Unheated)		
<b>10.00 – 10.45AM</b>	Pilates Reformer Perfect 10	Pilates Reformer Everybody			Pilates Reformer Definition	Pilates Reformer Everybody	
<b>10.00 – 11.00AM</b>		Yoga Fit (Unheated)		Forrest Inspired Yoga (Heat 32°)			
<b>10.15 – 11.15AM</b>						Hatha Yoga (Unheated)	
<b>11.00 – 12.00PM</b>						Zero Gravity Basics	
<b>12.10 – 12.50PM</b>	Ashtanga Yoga (Unheated)	Slow Flow Yoga (Unheated)	Core Fit Yoga (Heat 30°)	Yin Yoga (Unheated)	Slow Flow Yoga (Unheated)		
<b>3.00 – 4.30PM</b>						Yin Yoga (Unheated)	Yin Yoga (Unheated)
						Yang Yoga (Heat 30°)	Yang Yoga (Heat 30°)
<b>4.30 – 5.00PM</b>						Pranayama Breathing (Unheated)	Pranayama Breathing (Unheated)
<b>4.30 – 5.30PM</b>	Slow Flow Yoga (Heat 28°)	Yin Yoga (Unheated)	Yoga Fit (Unheated)		Yin Yoga (Unheated)		
<b>5.30 – 6.15PM</b>	Pilates Reformer - Everybody		Pilates Reformer - Everybody				
<b>5.30 – 6.30PM</b>				Hatha Yoga (Unheated)			
<b>6.00 – 7.00PM</b>	Core Fit Yoga (Unheated)	Power Flow Yoga (Heat 32°)					
<b>6.15 – 7.00PM</b>	Pilates Reformer - Definition		Pilates Reformer - Energise				
<b>7.15 – 8.15PM</b>	Hatha Yoga (Unheated)		Yin Yoga (Unheated)				

**KEY** myMOVES

myMIND & BODY

mySTRENGTH

myCYCLE

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