

# CLASS TIMETABLE

Q2  
2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0615	UPPER BODY BUILD	SWEAT	HYBRID	LOWER BODY BUILD	SWEAT	
0715	EXPRESS [TOTAL BODY]	SWEAT	HYBRID			
0815						FULL BODY BUILD
0915	UPPER BODY BUILD		MOVE & IMPROVE	LOWER BODY BUILD	SWEAT	FULL BODY BUILD
1015						SATURDAY SUPER CIRCUITS
1115						
1215	EXPRESS [TOTAL BODY]		EXPRESS [TOTAL BODY]		EXPRESS [TOTAL BODY]	
1715				FULL BODY BUILD	SWEAT	
1815	UPPER BODY BUILD	RUN FIT	HYBRID			
1915				STRETCH		

\*Got feedback on the classes / timetable? We'd love to hear it!



# CLASS DESCRIPTIONS

## Upper Body Build

An upper-body workout for those who wish to build muscle.

[Monday 0615](#); [Monday 0915](#); [Monday 1815](#)

## Lower Body Build

A lower-body workout for those who wish to build muscle.

[Thursday 0615](#); [Thursday 0915](#)

## Full Body Build

A full body workout combining upper & lower body exercises for those who wish to build muscle.

[Saturday 0815](#); [Saturday 0915](#)

## Core & More

A workout combining both core exercises and isolation movements.

[Tuesday 1815](#)

## RunFit

An outdoor running workout for those looking to improve their endurance.

[Tuesday 1815](#)

## Sweat

A cardio workout for those looking to work their heart and lungs.

[Tuesday 0615](#); [Tuesday 0715](#); [Friday 0615](#); [Friday 0915](#); [Friday 1715](#)

## Hybrid

A circuits-style workout combing both strength and conditioning exercises.

[Wednesday 0615](#); [Wednesday 0715](#); [Wednesday 1815](#)

## Move & Improve

A joint-friendly workout combining resistance training and mobility exercises.

[Monday 1915](#); [Wednesday 0915](#)

## Stretch

A class for those looking to unwind and stretch out their body.

[Thursday 1915](#)

## Express [ Total Body ]

A 30-minute, full-body workout blending both strength and conditioning exercises.

[Monday 0715](#); [Monday 1215](#); [Wednesday 1215](#); [Friday 1215](#)

## Saturday Super Circuits

An epic, whole-gym, circuits session.

[Saturday 1015](#)