Sample Fitness Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30	HITT	YOGA	Functional Training	Pilates	Functional Training		Body Pump
7:45		Functional Training	Pilates	Functional Training			
8:00	YOGA Instructor Lead				YOGA	Pilates	Pilates
9:00		Pilates	HITT				
10:00	Body Pump			YOGA	Strength Training	YOGA	HITT
11:00		Circuits					
12:00				Body Pump		HITT	
13:00		Functional Training	HITT				Strength Training
14:00	Pilates				Pilates	Functional Training	
15:00	Pilates	Strength Training	Strength Training	Pilates			Pilates
16:00							
17:50	Strength Training	Pilates	HITT Instructor Lead	YOGA	Strength Training	YOGA	
18:00							YOGA
19:00	Functional Training	Strength Training	Pilates	Circuits	Body Pump		
20:00							

Please note: Class timetables may vary from week to week. All instructor-led classes are 60 minutes in duration. For the most up-to-date schedule, please check the Technogym App.