

# Fitness Classes

Monday 29th April to Friday 24th May

## Monday

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7:30am - 8:15am

**iCycle**

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9:20am - 9:50am

**Piloxing Knockout**

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10:00am - 10:45am

**Beat Fit NEW**  
**Not on 6th May**

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6:00pm - 6:45pm

**iCycle**

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7:00pm - 8:00pm

**Shape Up**

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## Tuesday

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6:00pm - 6:45pm

**Legs bums & tums**

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7:00pm - 8:00pm

**iCycle & Tone**

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## Wednesday

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9:20am - 9:50am

**HIIT Not on 8th May**

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10:00am - 10:45am

**PiYo Not on 8th May**

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6:00pm - 6:45pm

**Cardio Blast**

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7:00pm - 8:00pm

**iCycle & Tone**

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## Thursday

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9:30am - 10:30am

**Core and Stretch**

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7:00pm - 8:00pm

**iCycle and Tone**

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## Friday

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9:30am - 10:30am

**Shape Up**  
**Not on 24th May**

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6:00pm - 7:00pm

**Adult Swim Fit**

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