

# MACKEN CLASS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00-7.45	RYDE	HIRT-FIT	INTENSE YOGA <b>NEW</b>	CIRCUITS	RYDE	RYDE 10.00-10.45	RYDE 11.00-11.45
7.50-8.20	ABS BLAST	<b>HIIT</b> RYDE	RYDE 7.50-8.20	<b>HIIT</b> RYDE	ABS BLAST	BATTLEBELLS 11.00-12.00	ASS & ABS 11.50-12.35
12.15-12.45	ABS BLAST				CIRCUITS		FLYE PILATES 12.40-13.25
13.15-13.45	FLYE PILATES	CARDIO STRENGTH	FLYE PILATES		FLYE PILATES		
13.15-13.45	CIRCUITS	<b>HIIT</b> RYDE	<b>HIIT</b> RYDE	<b>HIIT</b> RYDE	<b>HIIT</b> RYDE		
13.15-13.45	RYDE		ZEUS	TRX / KETTLEBELLS	STEP 12.45-13.15		
17.30-18.00	RYDE	RYDE	RYDE	RYDE	RIPPED 50 <b>NEW</b>		
17.30-18.00	RIPPED 50 <b>NEW</b>		RIPPED 50 <b>NEW</b>				
18.05-18.50	FLYE EMOM	TRX	TRX / KETTLEBELLS	FIGHT CLUB			
18.05-18.50	RYDE	RYDE	RYDE	<b>HIIT</b> RYDE	<b>HIIT</b> RYDE		
18.05-18.50	STEP	BOXFIT	BODY PUMP				
18.05-18.50	TRX / KETTLEBELLS	ASS & ABS	BOOTCAMP	BATTLEBELLS 18.30-19.30			
19.00-19.45	RYDE	TRX / KETTLEBELLS	RYDE		STEP		
19.00-19.45	BATTLEBELLS	BODY PUMP	BATTLEBELLS	FLYE YOGA			
19.00-19.45	TRX / KETTLEBELLS	RYDE	TRX / KETTLEBELLS	RYDE			
19.00-19.45	FLYE PILATES 19.00-19.30	CARDIO STRENGTH	FLYE PILATES 19.00-19.30				
19.50-20.20	RYDE	BARS & BELLS	FLYE EMOM				

BLUE = RYDE STUDIO

PINK = STUDIO CLASS

GREEN = ASTRO CLASS

**HIIT** HIGH INTENSITY INTERVAL TRAINING CLASS

**HIRT** HIGH INTENSITY RESISTANCE TRAINING

PLEASE BOOK YOUR PLACE IN ADVANCE IN **MYFLYE**

PLEASE BRING A TOWEL / WATER TO ALL CLASSES

MEMBERS WHO HAVE BOOKED CLASS WILL BE GIVEN FIRST PREFERENCE

**NO CONTRACT**



**FREE CLASSES**