

BAGGOT CLASS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00-7.45	RYDE 7.00-7.30	TRX / CIRCUITS	RYDE 7.00-7.30	CIRCUITS	RYDE 7.00-7.30	RYDE 10.30-11.15
7.35-8.05	BODY BALANCE		BARS & BELLS NEW		BATTLEBELLS 7.35-8.20	
7.50-8.20		RYDE	HIT-FIT NEW	RYDE		CARDIO STRENGTH 11.30-12.15
13.15-13.45	HIIT RYDE	HIIT RYDE	HIIT RYDE	HIIT RYDE	HIIT RYDE	
13.15-13.45	BODY PUMP	TRX / KETTLEBELLS	STEP NEW	CARDIO STRENGTH 13.05-13.45 NEW	BODY BALANCE NEW	BLUE = RYDE STUDIO PINK = STUDIO CLASS GREEN = ASTRO CLASS
13.15-13.45	TRX		ASS CLASS		TRX	
17.30-18.00	ASS & ABS	RYDE	TRX / KETTLEBELLS	AB ATTACK 17.30-17.45		HIIT HIGH INTENSITY INTERVAL TRAINING CLASS
17.30-18.00	RYDE	TRIPLE AAA ARMS ASS ABS	RYDE	RYDE	RYDE 18.00-18.45	
18.05-18.35	CIRCUITS NEW	BODY PUMP NEW	ASS CLASS	FIGHT CLUB 18.05-18.50	ASS CLASS	HIRT HIGH INTENSITY RESISTANCE TRAINING
18.05-18.50	HIIT RYDE	RYDE	HIIT RYDE	RYDE		
18.05-18.50	STEP NEW	BODY BALANCE NEW	BODY PUMP NEW	FLYE PILATES		
18.40-19.25	KETTLEBELLS / ABS NEW	BATTLEBELLS NEW	BARBELL BOOTCAMP	TRX / ABS 18.55-19.40 NEW		
18.55-19.25	RYDE	RYDE	RYDE	RYDE		
18.55-19.25	FLYE PILATES	STEP NEW	FLYE YOGA	BODY PUMP		

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