

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00-7.30	RYDE	X-FIT	RYDE	POWER HOUR 7.00-8.00	RYDE	ASS & ABS 10.00-10.45	RYDE 11.00-11.45
7.35-8.05	BODY PUMP	RYDE	FLYE YOGA		TRX	RYDE 11.00-11.45	BODY PUMP 12.00-12.45
10.00-10.30	RYDE	FLYE ZUMBA <small>NEW</small>	RYDE	RYDE	RYDE	BODY PUMP 12.00-12.45	BARS & BELLS 13.00-13.45
10.35-11.20	TRX	BODY PUMP	TRIPLE AAA ARMS ASS ABS	FLYE PILATES	FLYE YOGA	FLYE PILATES 13.00-13.45	FLYE YOGA 14.00-14.45
12.40-13.10	ASS CLASS	TRX	BODY PUMP	BARS & BELLS	STRENGTH & CONDITIONING		
13.15-13.45	RYDE	RYDE	RYDE	RYDE	RYDE		
13.15-13.45	BARS & BELLS	FLYE PILATES	STEP	TRIPLE AAA ARMS ASS ABS	BODY PUMP		
17.30-18.00	RYDE	RYDE	RYDE	RYDE			
17.30-18.00	STEP	ASS CLASS	T-POWER	BODY PUMP	ASS CLASS		
17.30-18.00	TRX	BODY BALANCE	FLYE YOGA	FLYE PILATES			
18.05-18.50	RYDE	RYDE	RYDE	RYDE	RYDE		
18.05-18.50	BODY PUMP	STEP	FLYE ZUMBA <small>NEW</small>	KETTLEBELLS	BARS & BELLS		
18.05-18.50	BODY BALANCE	TRX	FLYE PILATES	TRX			
18.55-19.40	RYDE	RYDE	RYDE	RYDE			
18.55-19.40	ASS & ABS	BARS & BELLS	STEP	ASS & ABS	TRIPLE AAA ARMS ASS ABS		
18.55-19.40	FLYE PILATES	FLYE YOGA	TRX	BODY BALANCE			
19.45-20.15	X-FIT	RYDE	BODY PUMP	BOXERCISE			

BLUE = RYDE STUDIO
 PINK = STUDIO CLASS
 YELLOW = ZEN STUDIO

HIGH INTENSITY INTERVAL TRAINING CLASS

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