

PORTOBELLO CLASS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00-7.45	RYDE	RYDE	BATTLEBELLS	FITMIX <small>NEW</small>	RYDE	RYDE 10.00-10.45	RYDE 11.00-11.30
7.50-8.20	TRX	HIRT FIT	RYDE	RYDE	ASS & ABS	BATTLEBELLS 10.50-11.35	BOOTCAMP 11.35-12.10
12.15-12.45		BOOTCAMP		TRX			FLYE PILATES 12.30-13.15
12.30-13.00	TRX	TRIPLE AAA ARMS ASS ABS	HIRT FIT	FLYE PILATES <small>NEW</small>			
13.15-13.45	RYDE	RYDE	RYDE	RYDE	RYDE		
13.15-13.45	FLYE PILATES		TRX		TRX		
17.30-18.00	RYDE	BOOTCAMP	RYDE	TRX	RYDE		
18.00-18.45	BOOTCAMP	TRIPLE AAA ARMS ASS ABS 18.05-18.50	TRIXIBELLS	KETTLEBELLS <small>NEW</small>			
18.00-18.45	RYDE 18.05-18.45	RYDE	RYDE 18.05-18.40	RYDE	BODY PUMP 18.05-18.35		
18.00-18.45	BODY PUMP	FLYE YOGA	FIT MIX <small>NEW</small>				
18.00-18.45	TRX	FLYE STEP	TRIPLE AAA ARMS ASS ABS	BOOTCAMP			
18.50-19.20	RYDE	RYDE	RYDE	RYDE			
18.50-19.35	FLYE ZUMBA <small>NEW</small>	BODY PUMP	KETTLEBELLS <small>NEW</small>	FLYE STEP			
18.50-19.35	TRIPLE AAA ARMS ASS ABS	TRIXIBELLS	FLYE YOGA	FLYE PILATES			
19.40-20.10	RYDE	RYDE	TRX				

BLUE = RYDE STUDIO

PINK = STUDIO CLASS

GREEN = ASTRO 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