

# SWORDS CLASS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00-6.30		<b>HIIT</b> RYDE		<b>HIIT</b> RYDE		<b>HIIT</b> RYDE 9.30-10.00	RYDE 9.30-10.00
6.30-7.15	RYDE	RYDE 6.30-7.00	RYDE	RYDE 6.30-7.00	RYDE	RYDE 10.05-10.50	AB BLAST 10.00-10.15
7.00-7.45	TRIPLE A 7.15-7.45	STRENGTH & CONDITIONING	TRIPLE A 7.15-7.45	STRENGTH & CONDITIONING	TRIPLE A 7.15-7.45	TRAINERS CHOICE 10.05-10.50 <b>NEW</b>	RYDE 11.00-11.45
9.30-10.00		POWER ZONE <b>NEW</b>	FLYE PILATES	POWER ZONE <b>NEW</b>		BOOTCAMP 10.55-11.40	ASS & ABS 11.50-12.20
10.00-10.45	RYDE	RYDE	RYDE	RYDE	RYDE	RYDE 11.45-12.30	
10.50-11.20	BODY PUMP	TRX & BELLS <b>NEW</b>	BAR & BELLS	CIRCUITS	BODY PUMP	ASS & ABS 12.35-13.20	
13.15-13.45	RYDE	RYDE	RYDE	RYDE	RYDE	RYDE 14.00-14.30	
13.50-14.20	MAX 30		MAX 30 <b>NEW</b>		MAX 30 <b>NEW</b>	AB BLAST 14.30-14.45	
17.30-18.00	RYDE	RYDE	RYDE	RYDE			
17.30-18.00	BODY PUMP	ASS & ABS	SPEED & AGILITY <b>NEW</b>	ASS & ABS			
18.05-18.50	RYDE	RYDE	RYDE	RYDE	RYDE		
18.05-18.50	ADVANCED STEP	FLYE PILATES	BODY PUMP	FLYE PILATES			
18.05-18.50	ASS & ABS	PILOXING <b>NEW</b>	TRX & BELLS <b>NEW</b>	PILOXING <b>NEW</b>			
18.55-19.40	RYDE	RYDE	RYDE				
18.55-19.40	FLYE ZUMBA <b>NEW</b>	BODY PUMP	BEGINNER STEP	FLYE YOGA	ASS & ABS		
18.55-19.40	BOXERCISE	CIRCUITS	ASS & ABS	NO ESCAPE <i>Bodyweight</i>			
18.55-19.55				RYDE			
19.45-20.15	RYDE	RYDE	RYDE		RYDE		
19.45-20.15	SPEED & AGILITY <b>NEW</b>	FLYE YOGA	BOXERCISE	HIIT FIT			

BLUE = RYDE STUDIO

PINK = STUDIO CLASS

GREEN = ASTRO CLASS

**HIIT** HIGH INTENSITY INTERVAL TRAINING CLASS

**HIIT** 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**