

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------|----------------------|----------------------|----------------------|----------------|----------------------|-------------------------------------|------------------------------|
| 7:00 - 7:30 | SPIN | BOOTCAMP | SPIN | FLATLINE 1HR | SPIN | PUMP 10:00-10:45 | SPIN 11:00 - 11:45 |
| 7:35 - 8:05 | PUMP | SPIN | ASS & ABS | | FLYEFIT CONDITIONING | SPIN 11:00-11:45 | PUMP 12:00 - 12:45 |
| 9.30-10.15 | | PILATES-9.00-9.45 | | YOGA 9.00-9.45 | | ASS & ABS 12:00-12:45 | KOB 13:00 - 13:45 |
| 10:00- 10:30 | | | | ASS & ABS | | PILATES 13:00-13:45 | YOGA 14:00 - 14:30 |
| 10:35- 11:05 | KETTLEBELLS | PUMP | ASS & ABS | PILATES | ASS & ABS | | |
| 12:30-13:00 | | FLYEFIT CONDITIONING | | | FLYEFIT CONDITIONING | | |
| 12:40- 13:10 | ASS & ABS | KOB | PUMP | BOOTCAMP | KETTLEBELLS | | |
| 13:15- 13:45 | SPIN | SPIN | SPIN | SPIN | SPIN | | SPIN STUDIO |
| 13:15- 13:45 | FLYEFIT CONDITIONING | PILATES | FLATLINE | ASS & ABS | STEP | | ZEN STUDIO |
| 17:30-18:00 | | SPIN | | SPIN | | | STUDIO CLASS |
| 17:30-18:00 | STEP | ASS & ABS | ASS & ABS | PUMP | FLATLINE | | |
| 17:30-18:00 | BOXERCISE | | KOB | | | | |
| 18:05-18:50 | SPIN | SPIN | SPIN | SPIN | SPIN | | |
| 18:05-18:50 | PUMP | STEP | DANCEFIT | ASS & ABS | PUMP | | |
| 18:05-18:50 | PILATES | BOXERCISE | BOOTCAMP | YOGA | | | |
| 19:00-19:45 | SPIN | SPIN | SPIN | SPIN | | | |
| 19:00-19:45 | DANCEFIT | PUMP | FLYEFIT CONDITIONING | STEP | BOOTCAMP | | |
| 19:00-19:45 | ASS & ABS | YOGA | PILATES | KOB | | | |
| 19:55-20:25 | KETTLEBELLS | SPIN | PUMP | BOOTCAMP | | | |

*ALL CLASSES ARE FREE WITH AN ACTIVE MEMBERSHIP

*PLEASE BOOK IN ADVANCE IN MYFLYE TO AVOID DISAPPOINTMENT. LIMITED AMOUNT OF PLACES IN EACH CLASS

*ALL CLASSES ARE SUBJECT TO CHANGE

*PLEASE NOTIFY THE CLASS INSTRUCTORS OF ANY MEDICAL CONDITION AND PREGNANCIES

*YOGA MATS, BOXING GLOVES AND ALL EQUIPMENT ARE SUPPLIED BY FLYEFIT