

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|-----------------------|----------------------|-----------------------|----------------------|---------------------|----------------------------|----------------------------|
| 6:00 - 6:30 | | SPIN | SPIN | SPIN | | YOGA 9:00 - 10:00 | SPIN 9:30 - 10:00 |
| 6:30 - 7:00 | SPIN | SPIN | SPIN | SPIN | SPIN | SPIN 9:30 - 10:00 | ASS & ABS 10:00 - 10:30 |
| 7:00 - 7:30 | FLATLINE | | FLATLINE | | FLATLINE | FLATLINE 10:00-10:45 | SPIN 11:00 - 11:45 |
| 7:00 - 7:45 | | FLYEFIT CONDITIONING | YOGA 7.30-8.30 | FLYEFIT CONDITIONING | | SPIN 10:05 - 10:50 | FLATLINE 11:50 - 12:20 |
| 9:20 - 9:50 | ASS & ABS | PUMP | ASS & ABS | PUMP | ASS & ABS | BOXERCISE 11:00 - 12:00 | SPIN 13:00 - 13:30 |
| 10:00 - 10:45 | SPIN | SPIN | SPIN | SPIN | SPIN | SPIN 13:00 - 13:30 | PUMP 13:30 - 14:00 |
| 10:50 - 11:20 | YOGA 11.00 - 12.00 | ASS & ABS | YOGA 12.00 11.00 - | PILATES | PUMP | ASS & ABS 13:30 - 14:00 | |
| 13:00 - 13:15 | | ABS BLAST | | ABS BLAST | YOGA 12.15-13.15 | | SPIN STUDIO |
| 13:15 - 13:45 | SPIN | SPIN | SPIN | SPIN | SPIN | | ASTRO CLASS |
| 17:00-17:30 | | BOOTCAMP | | BOOTCAMP | | | CLASS STUDIO 2 |
| 17:30-18:00 | SPIN | SPIN | SPIN | SPIN | | | CLASS STUDIO |
| 17:30-18:00 | PUMP | ASS & ABS | ASS & ABS | PUMP | | | |
| 17:30-18:00 | | STEP | | STEP | | | |
| 18:05-18:50 | SPIN | SPIN | SPIN | SPIN | SPIN | | |
| 18:05-18:50 | FLATLINE | FLATLINE | FLATLINE | ASS & ABS | ASS & ABS | | |
| 18:05-18:50 | ASS & ABS | DANCE | PUMP | DANCEFIT | | | |
| 19:00-20:00 | | STRENGTH & MOBILITY | | STRENGTH & MOBILITY | | | |
| 19:00-19:45 | SPIN | SPIN | SPIN | SPIN | SPIN | | |
| 19:00-19:45 | STEP | PUMP | STEP | PUMP | | | |
| 19:00-19:45 | BOXERCISE | FLYEFIT CONDITIONING | ASS & ABS | FLATLINE | FLATLINE | | |
| 19:50-20:20 | SPIN | SPIN | SPIN | SPIN | | | |
| 19:50-20:20 | PILATES | | BOXERCISE | ASS & ABS | | | |
| 19:50-20:20 | ASS & ABS | PILATES | | | | | |
| 20:30-21:30 | YOGA | | | | | | |

*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