

Pyramids Class Timetable

Tuesday 3 January - Thursday 13 April 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PRIMAL 6.30-7.00am (G)	Powerblast 7.00-7.15am (G)	POWER 6.30-7.00am (G)	Powerblast 7.00-7.15am (G)	PLAY 6.30-7.00am (G)	Spin 9.00-9.45am (GH)	Powerblast 9.30-9.45am (G)
Spin 7.30-8.15am (GH)	Aqua 9.00-9.45am (MP)	Spin 7.30-8.15am (GH)	Aqua 9.00-9.45am (MP)	Spin 7.30-8.15am (GH)	BodyCombat 10.00-11.00am (S)	Legs, Bums & Tums 11.00-12.00pm (S)
Spin 9.30-10.00am (GH)	Legs, Bums & Tums 9.00-10.00am (S)	Piloxing 9.00-10.00am (S)	Legs, Bums & Tums 9.30-10.30am (S)	Aerobics 9.30-10.30am (S)	Triathlon Spin 10.00-12.00pm (GH)	Abs & Core 12.00-12.30pm (S)
BodyCombat 10.30-11.30am (S/GH)	Spin 9.30-10.00am (GH)	Beginners Pilates 10.00-10.45am (S)	Pilates 10.30-11.30am (S)	Pilates 10.30-11.30am (S)	Pilates 11.00-12.00pm (S)	
Spin 5.30-6.15pm (GH)	Yogalates 10.00-11.00am (S)	Advanced Pilates 10.45-11.30am (S)	Powerblast 6.00-6.15pm (G)	Latino Aqua 12.00-12.45am (TP)	Powerblast 2.00-2.15pm (G)	
Powerblast 6.00-6.15pm (G)	Yogalates 11.00-12.00pm (S)	Aqua 12.00-12.45pm (TP)	Latino Aqua 6.30-7.15pm (TP)	Powerblast 5.30-5.45pm (G)		
BodyCombat 6.00-7.00pm (S)	Powerblast 6.00-6.15pm (G)	Powerblast 6.00-6.15pm (G)	SH'BAM 6.30-7.15pm (GH)	Abs & Core 6.00-6.30pm (G)		
INSANITY 6.30-7.15pm (GH)	Legs, Bums & Tums 6.00-7.00pm (GH)	Spin 6.00-6.45pm (GH)	Body Sculpt 6.30-7.30pm (S)	Kettlebell Club 6.00-7.00pm (GH)		
Pilates 7.00-8.00pm (S)	Aqua 7.00-7.45pm (TP)	Fat Burner 6.00-6.45pm (S)	INSANITY 7.30-8.15pm (GH)	Zumba 7.00-8.00pm (GH)		
Kettlebell Club 7.30-8.30pm (GH)	SH'BAM 7.00-7.45pm (S)	Zumba 7.00-7.50pm (GH)	Fitness Pilates 7.30-8.30pm (S)			
	Yogalates 7.00-8.00pm (GH)	BodyCombat 7.00-8.00pm (S)				
	Spin 8.15-9.00pm (GH)	Pilates 8.00-8.45pm (S)				
		Spin 8.00-8.45pm (GH)				

Class types

- Calorie Burning
- Muscle Toning & Endurance
- All Over Body Workout
- Re-Energise & Relax
- Specialist
- Water Workout