

Pyramids Class Timetable

Monday 3 September - Friday 21 December 2018


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POWER 6.30-7.00am (G)	PRIMAL 6.30-7.00am (G)	POWER 6.30-7.00am (G)	PRIMAL 6.30-7.00am (G)	PLAY 6.30-7.00am (G)	Spin 9.00-9.45am (G)	Legs, Bums & Tums 10.00-10.55am (GH)
Spin 7.00-7.45am (G)	Power Yoga 7.00-7.55am (S)	Spin 7.00-7.45am (G)	Power Yoga 7.00-7.55am (S)	Spin 7.30-8.15am (G)	BodyCombat 10.00-10.55am (GH)	Abs & Core 11.00-11.30am (GH)
Spin 9.30-10.15am (G)	Beginners Aqua Fit 9.00-9.45am (MP)	Piloxing 9.00-9.55am (S)	Aqua Fit 9.00-9.45am (MP)	Aqua Fit 8.45-9.30am (MP) NEW	Triathlon Spin 10.00-12.00pm (GH)	BodyBalance 11.30-12.25pm (S)
Ashtanga Yoga 9.30-10.25am (S)	Legs, Bums & Tums 9.00-9.55am (S)	Beginners Pilates 10.00-10.45am (S)	Ashtanga Yoga 9.00-9.55am (GH)	Aerobics 9.30-10.25am (S)	Pilates 11.00-11.55am (GH)	
BodyCombat 10.30-11.25am (GH)	Spin 9.30-10.15am (G)	Advanced Pilates 10.45-11.30am (S)	Legs, Bums & Tums 9.30-10.30am (S)	Beginner Pilates 10.30-11.25am (S)		
Pilates 11.30-12.25pm (GH) NEW	Yogalates 10.00-10.55am (S)	Beginners Hatha Yoga 1.00-1.55pm (S)	Pilates 10.30-11.25am (S)	Spin 12.00-12.30pm (G)		
Beginners Functional Fit 2.00-2.30pm (G)	Yogalates 11.00-11.55am (S)	Beginners Functional Fit 2.00-2.30pm (G)	Beginners Zumba 11.30-12.25pm (S)	Beginners Functional Fit 2.00-2.30pm (G)		
Spin 5.45-6.30pm (G)	Spin 12.00-12.30pm (G)	Fit Bounce 5.00-5.55pm (S) NEW	Tai Chi 5.00-5.55pm (GH) NEW	Fit Bounce 5.00-5.55pm (S) NEW		
Booty Build 6.00-6.45pm (S) NEW	Tai Chi 5.00-5.55pm (GH) NEW	BodyCombat Express 6.00-6.45pm (GH)	Spin 5.45-6.30pm (G)	Fit Bounce 6.00-6.55pm (S) NEW		
BodyCombat 6.00-6.55pm (G)	Legs, Bums & Tums 6.00-6.55pm (GH)	Fit Bounce 6.00-6.55pm (S) NEW	Body Sculpt 6.30-7.25pm (GH)	Zumba 7.00-7.55pm (S)		
Beginners Running Group 6.30-7.30pm (R)	Body Sculpt 7.00-7.45pm (S) NEW	BodyCombat 7.00-7.55pm (GH)	Fitness Pilates 7.30-8.25pm (GH)			
Boot Camp 7.00-7.55pm (G)	Aqua Fit 7.00-7.45pm (TP)	Zumba 7.15-8.10pm (S)				
Pilates 7.00-7.55pm (S)	BodyBalance 7.30-8.25pm (GH)	Pilates 8.00-8.55pm (GH)				
Tri Strength 8.00-8.55pm (S)						

Class types

 Calorie Burning

 Muscle Toning & Endurance

 All Over Body Workout

 Re-Energise & Relax

 Specialist

 Water Workout

 PRIMAL - POWER - PLAY - PULSE

 Introductory Low Impact