

# ADULT CLASSES - WINTER TIMETABLE 2024

## MONDAY

**10AM**  
**BIKE & BURN**

**11AM**  
**LEGS, BUMS  
& TUMS**

**12PM**  
**HIIT &  
STRETCH**

**7PM**  
**CLIMBING**

## TUESDAY

**10AM**  
**BIKE & TONE**

**11AM**  
**BOX CIRCUITS**

**5PM**  
**BIKE & BURN**

**6PM**  
**BOUNCE,  
BASS & BANG**

**7PM**  
**CORBAT  
& BALANCE**

## WEDNESDAY

**10AM**  
**LIFT & TONE**

**5:30PM**  
**BOX CIRCUITS**

**6:30PM**  
**BIKE & BURN**

**7:30PM**  
**LIFT & TONE**

## THURSDAY

**10AM**  
**CORBAT  
& BALANCE**

**11AM**  
**BOUNCE,  
BASS & BANG**

**5:30PM**  
**BIKE & BURN**

**6:30PM**  
**LEGS, BUMS  
& TUMS**

**7:15PM**  
**GENTLE CORE,  
STRETCH,RELAX**

## FRIDAY

**10AM**  
**FULL BODY  
CONDITIONING**

**12PM**  
**BIKE & TONE**

**7PM**  
**CLIMBING**

## SATURDAY

**9AM**  
**BIKE & BURN**

**10AM**  
**TOTAL  
BODY HIIT**



Amazing  
Activities