



WEEKLY GROUP FITNESS TIMETABLE



WEEK ENDING 16th January 2022

DAY/TIME	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14	SATURDAY 15	SUNDAY 16
MORNING CLASSES	5.40am 55min 	5.40am 55min 	5.40am 45min 	5.40am 55min 	5.40am 45min 		
	6.15am 45min 		6.15am 45min 	6.50am 55min 	6.15am 45min 		
	6.50am 55min 	6.50am 55min 	6.40am 30min 	8.30am 45min 	7.15am 50min 		
	8.15am 45min 	8.15am 45min 	8.15am 45min 	8.15am 45min 	8.15am 45min 	8.10am 55min 	8.10am 45min
	9.15am 45min 	9.15am 45min 	9.15am 45min 	9.15am 45min 	9.15am 45min 	9.15am 55min 	9.10am 50min
	9.30am 45min 	9.30am 45min 	9.30am 55min 	9.30am 45min 	9.30am 45min 	10.15am 55min 	10.15am 55min
	10.30am 45min 	10.40am 55min 		10.25am 30min 	10.30am 45min 	11.30am 55min 	11.30am 55min
LUNCH CLASSES	12.15pm 30min 	12.15pm 45min 	12.15pm 55min 	12.15pm 30min 	12.15pm 30min 	12.15pm 45min 	12:45pm 45min
	12:50pm 30min 			1:00pm 30min 	1:00pm 45min 	1.00pm 45mins 	
				4.30pm 45min 		4.00pm 60mins 	4:00pm 60mins
	4.30pm 45min 	4.45pm 45min 	4.45pm 45min 	5.30pm 45min 	4.30pm 45min 		
	5.30pm 45min 	5.45pm 45min 	5.45pm 45min 	6.45pm 45min 	5.30pm 45min 		
	6.30pm 45min 	6.45pm 45min 	6.45pm 45min 	6.30pm 45min 	6.30pm 30min 		

This week's information...

- We are excited to launch our new timetable with earlier class start times in line with our new Centre opening hours!
- Check out our 'Pop Up' classes this weekend – HIIT with Meg and SPIN with Omid
- DWAQ on Tuesday, Wednesday, Thursday and Saturday will be cancelled for this week due to instructor availability.
- DWAQ on Friday 9:15am will run as a DWAQ TABATA for this week.

