

# VIRTUAL

## GROUP EXERCISE TIMETABLE



Day	Time	Class	Location	Info
Monday	07:30 - 08:00	Grit Athletic	Dance Studio	■
Monday	09:15 - 09:45	Sprint	Cycle Studio	■
Monday	13:15 - 13:45	Core	Dance Studio	■
Monday	13:15 - 13:45	RPM	Cycle Studio	■
Monday	16:00 - 16:45	The Trip	Cycle Studio	■
Monday	16:00 - 17:00	Grit Cardio	Dance Studio	■
Monday	21:00 - 21:45	BodyPump	Dance Studio	■
Tuesday	06:30 - 07:00	Grit Cardio	Dance Studio	■
Tuesday	08:30 - 09:15	The Trip	Cycle Studio	■
Tuesday	10:00 - 10:30	RPM	Cycle Studio	■
Tuesday	14:45 - 15:15	Sprint	Cycle Studio	■
Tuesday	15:30 - 16:15	Body Balance	Dance Studio	■
Tuesday	16:15 - 17:00	The Trip	Cycle Studio	■
Tuesday	16:15 - 17:00	Body Pump	Dance Studio	■
Tuesday	20:45 - 21:30	The Trip	Cycle Studio	■
Tuesday	21:45 - 22:15	Core	Dance Studio	■
Wednesday	07:15 - 07:45	Grit Athletic	Dance Studio	■
Wednesday	09:30 - 10:00	Sprint	Cycle Studio	■
Wednesday	11:30 - 12:15	The Trip	Cycle Studio	■
Wednesday	16:30 - 17:00	RPM	Cycle Studio	■
Wednesday	21:00 - 21:50	RPM	Cycle Studio	■

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■	Cycle Classes	■	Cardio & Dance Classes	■	HIIT Classes
■	Mind & Body Classes	■	Strength & Conditioning Classes		
■	Martial Arts Classes	■	Aqua Classes		

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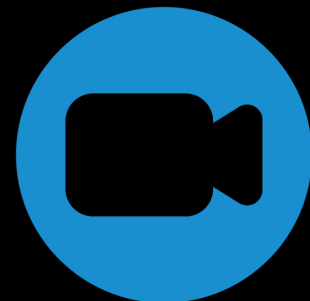
Day	Time	Class	Location	Info
Thursday	06:30 - 07:00	Body Combat	Dance Studio	■
Thursday	08:30 - 09:15	The Trip	Cycle Studio	■
Thursday	11:05 - 11:35	Core	Dance Studio	■
Thursday	15:15 - 15:45	Born to Move	Dance Studio	■
Thursday	15:50 - 16:20	GRIT Strength	Dance Studio	■
Thursday	16:20 - 16:50	Body Pump	Dance Studio	■
Thursday	16:30 - 17:00	RPM	Cycle Studio	■
Thursday	17:30 - 18:00	Sprint	Cycle Studio	■
Thursday	20:45 - 21:30	The Trip	Cycle Studio	■
Thursday	21:45 - 22:05	Body Balance	Dance Studio	■
Friday	06:30 - 07:00	Grit Cardio	Dance Studio	■
Friday	08:30 - 09:15	Body Combat	Dance Studio	■
Friday	09:00 - 09:30	Sprint	Cycle Studio	■
Friday	13:30 - 14:15	The Trip	Cycle Studio	■
Friday	14:00 - 14:30	Core	Dance Studio	■
Friday	14:45 - 15:05	Body Balance	Dance Studio	■
Friday	15:30 - 16:05	Born to Move	Dance Studio	■
Friday	16:30 - 17:15	Body Pump	Dance Studio	■
Friday	16:30 - 17:20	RPM	Cycle Studio	■
Friday	20:00 - 20:30	Sprint	Cycle Studio	■
Friday	21:00 - 21:45	The Trip	Cycle Studio	■
Friday	21:05 - 21:35	Core	Dance Studio	■

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■	Cycle Classes	■	Cardio & Dance Classes	■	HIIT Classes
■	Mind & Body Classes	■	Strength & Conditioning Classes		
■	Martial Arts Classes	■	Aqua Classes		

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Day	Time	Class	Location	Info
Saturday	06:30 - 07:00	Grit Athletic	Dance Studio	HIIT Classes
Saturday	07:15 - 07:45	Grit cardio	Dance Studio	HIIT Classes
Saturday	08:00 - 08:30	Grit Strength	Dance Studio	HIIT Classes
Saturday	08:00 - 08:30	Sprint	Cycle Studio	Cycle Classes
Saturday	13:25 - 14:10	The Trip	Cycle Studio	Cycle Classes
Saturday	17:00 - 17:50	RPM	Cycle Studio	Cycle Classes
Saturday	20:15 - 21:00	Body Pump	Dance Studio	Strength & Conditioning Classes
Saturday	21:15 - 22:00	Body Combat	Dance Studio	Martial Arts Classes
Sunday	06:30 - 07:00	Body Pump	Dance Studio	Strength & Conditioning Classes
Sunday	07:15 - 07:45	Body Combat	Dance Studio	Martial Arts Classes
Sunday	08:00 - 08:35	Born to Move	Dance Studio	Mind & Body Classes
Sunday	08:30 - 09:15	The Trip	Cycle Studio	Cycle Classes
Sunday	12:00 - 12:30	Sprint	Cycle Studio	Cycle Classes
Sunday	12:40 - 13:05	Body Balance	Dance Studio	Mind & Body Classes
Sunday	13:45 - 14:15	RPM	Cycle Studio	Cycle Classes
Sunday	17:30 - 18:15	The Trip	Cycle Studio	Cycle Classes
Sunday	21:15 - 21:45	Core	Dance Studio	HIIT Classes

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Cycle Classes
  Cardio & Dance Classes
  HIIT Classes
  Mind & Body Classes
  Strength & Conditioning Classes
  Martial Arts Classes
  Aqua Classes