



CLASS SCHEDULE

*Classes should be booked through the Fitsense App.
Additional classes may be added to the app at various times.*

MONDAY

- 6.45AM: CIRCUIT
- 10AM: AQUAFIT
- 10AM: ICG SPIN (STANDARD)
- 11AM: GOLD-N-TONE
- 12PM: YOGALATES
- 7PM: TRX
- 7PM : ICG SPIN (STANDARD)
- 8PM: YOGALATES

TUESDAY

- 6.45AM: KETTLEBELLS
- 10AM: CIRCUIT
- 10AM: ICG SPIN (COLOUR)
- 11AM: YOGALATES
- 12PM: GOLD-N-TONE
- 7PM: CIRCUIT
- 8PM: AQUAFIT
- 8PM: BARBELL BLAST

WEDNESDAY

- 6.45AM: ICG SPIN (STANDARD)
- 10AM: AQUAFIT
- 10AM: CARDIO BLAST
- 11AM: YOGALATES
- 12PM: GOLD-N-TONE
- 7PM: BODY SCULPT
- 7PM: INTRO TO ICG SPIN
- 8PM: ICG SPIN (COLOUR)

THURSDAY

- 6.45AM: BARBELL BLAST
- 10AM: TRX
- 10AM: HIIT
- 11AM: KETTLEBELLS
- 12PM: GOLD-N-TONE
- 2PM: YOGALATES
- 7PM: ICG SPIN (STANDARD)
- 8PM: AQUAFIT
- 9PM: YOGALATES

FRIDAY

- 7AM: HIIT
- 10AM: AQUAFIT
- 10AM: ICG SPIN (COLOUR)
- 11AM: YOGALATES
- 7PM: CARDIO BLAST
- 8PM: KETTLEBELLS

SATURDAY

- 9AM: ICG SPIN (STANDARD)
- 10AM: BARBELL BLAST
- 11AM: YOGALATES

SUNDAY

- 9AM: TRX
- 10AM: CARDIO BLAST
- 11AM: HIIT