

# GROUP FITNESS TIMETABLE - CLARKSON



## MONDAY 17/12

TIME	CLASS	LOCATION	MIN
8:30 am	Body Pump	Group Fit Studio	60
9:15 am	R.P.M	Cycle Studio	45
9:30 am	Body Combat	Group Fit Studio	60
10:30 am	Pilates	Group Fit Studio	60
5:30 pm	Body Attack	Group Fit Studio	60
6:30 pm	Body Pump	Group Fit Studio	60
6:30 pm	Cycle	Cycle Studio	60
7:30 pm	Yoga	Group Fit Studio	75

## TUESDAY 18/12

TIME	CLASS	LOCATION	MIN
6:00 am	Tabata	Group Fit Studio	45
6:00 am	Strive Express*	Gym Floor	30
8:25 am	Body Balance	Group Fit Studio	60
9:25 am	Body Pump	Group Fit Studio	60
9:30 am	Strive Express*	Gym Floor	30
9:30 am	R.P.M - Six Pack	Cycle Studio	60
10:30 am	Body Combat	Group Fit Studio	60
11:30 am	Yoga	Group Fit Studio	90
5:00 pm	Body Pump	Group Fit Studio	60
6:00 pm	T.F.W Hurricane	Group Fit Studio	60
6:00 pm	R.P.M	Cycle Studio	45
7:00 pm	Body Combat	Group Fit Studio	60

## WEDNESDAY 12/12

TIME	CLASS	LOCATION	MIN
6:00 am	R.P.M.	Cycle Studio	45
8:30 am	Body Combat	Group Fit Studio	60
9:15 am	Cycle	Cycle Studio	55
9:30 am	A.B.T	Group Fit Studio	50
10:30 am	H.I.I.T	Group Fit Studio	60
11:30 am	Pilates	Group Fit Studio	60
5:30 pm	Stretch & Release	Group Fit Studio	60
6:00 pm	R.P.M	Cycle Studio	45
6:30 pm	Fit 2 Box	Group Fit Studio	60
7:30 pm	Body Balance	Group Fit Studio	60

## THURSDAY 13/12

TIME	CLASS	LOCATION	MIN
6:00 am	Body Pump	Group Fit Studio	45
9:00 am	Fit 2 Box	Group Fit Studio	60
9:30 am	R.P.M - Six Pack	Cycle Studio	60
9:30 am	Strive Express*	Gym Floor	30
10:00 am	Body Pump	Group Fit Studio	45
10:45 am	Body Balance	Group Fit Studio	60
5:00 pm	Fit Step	Group Fit Studio	45
5:45 pm	T.F.W Energy Circuit	Group Fit Studio	60
6:45 pm	Yoga	Group Fit Studio	75

## FRIDAY 14/12

TIME	CLASS	LOCATION	MIN
6:00 am	Cycle	Cycle Studio	45
8:30 am	Body Attack	Group Fit Studio	45
9:15 am	Freestyle Pump	Group Fit Studio	45
9:30 am	Cycle	Cycle Studio	45
10:00 am	T.F.W Strength*	Gym Floor	60
10:00 am	Konga	Group Fit Studio	60
11:00 am	Yoga	Group Fit Studio	90

## SATURDAY 15/12

TIME	CLASS	LOCATION	MIN
7:00 am	Fit 2 Box	Group Fit Studio	45
8:00 am	T.F.W Hurricane	Group Fit Studio	60
8:30 am	R.P.M	Cycle Studio	45
9:00 am	Body Pump	Group Fit Studio	60
10:00 am	Body Combat	Group Fit Studio	60
11:00 am	Yoga	Group Fit Studio	90

## SUNDAY 16/12

TIME	CLASS	LOCATION	MIN
8:30 am	Tabata	Group Fit Studio	45
8:30 am	R.P.M	Cycle Studio	45
9:15 am	Body Pump	Group Fit Studio	60



**\*BOOKING REQUIRED** - Members of Surge Fitness are able to book in by **calling reception** or from the online **'Members Login'** which can be accessed from our website. Please contact reception to request your login and password details.