

GYM HOURS

MONDAY TO FRIDAY: 07:30 - 23:00
 SATURDAY: 11:00-19:00
 SUNDAY: **CLOSED**

EVERY SATURDAY

- * OPEN RIDE
- * MASTER CLASS ON SPORTS CLINIC
- * FREE TIPS FROM OUR NUTRITIONISTS



TIME ZONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:00-09:00	08:00-09:00 I.CON IC8 AREA 2		08:00-09:00 I.CON IC8 AREA 2		
08:30-09:30		08:30-09:30 I.CON IC8 AREA 2		08:30-09:30 I.CON IC8 AREA 2	
09:00-10:00	9:00-10:00 PILATES AREA 1		9:00-10:00 PILATES AREA 1		9:00-10:00 PILATES AREA 1
10:00-11:00	10:00-11:00 MET CON AREA 1	10:00-11:00 MET CON AREA 1		10:00-11:00 MET CON AREA 1	10:00-11:00 MET CON AREA 1
14:15-15:00	14:15-15:00 PILATES AREA 1				
14:30-15:30		14:30-15:30 PILATES AREA 1		14:30-15:30 PILATES AREA 1	
14:30-16:00	14:30-16:00 I.CON IC8 AREA 2	14:30-16:00 I.CON IC8 AREA 2	14:30-16:00 I.CON IC8 AREA 2	14:30-16:00 I.CON IC8 AREA 2	
15:00-16:00	15:00-16:00 TRX-FUNCTION AREA 1		15:00-16:00 CORE-LEGS AREA 1		15:00-16:00 HIIT-CIRCUIT AREA 1
15:30-16:30					
16:00-17:30	16:00-17:30 I.CON IC8 AREA 2	16:00-17:30 I.CON IC8 AREA 2	16:00-17:30 I.CON IC8 AREA 2	16:00-17:30 I.CON IC8 AREA 2	
17:30-19:00	17:30-19:00 I.CON IC8 AREA 2	17:30-19:00 I.CON IC8 AREA 2	17:30-19:00 I.CON IC8 AREA 2	17:30-19:00 I.CON IC8 AREA 2	
18:00-19:00					18:00-19:00 PILATES AREA 1
19:00-20:30	19:00-20:30 I.CON IC8 AREA 2	19:00-20:30 I.CON IC8 AREA 2	19:00-20:30 I.CON IC8 AREA 2	19:00-20:30 I.CON IC8 AREA 2	
19:00-20:00	19:00-20:00 PILATES AREA 1	19:00-20:00 HIIT AREA 1	19:00-20:00 PILATES AREA 1	19:00-20:00 HIIT AREA 1	19:00-20:00 HIIT AREA 1
20:00-21:00	20:00-21:00 CROSS-MET AREA 1	20:00-21:00 CROSS-MET AREA 1	20:00-21:00 CROSS-MET AREA 1	20:00-21:00 CROSS-MET AREA 1	20:00-21:00 CROSS-MET AREA 1