

Schedule

2020-21

Gym hours

Monday to Friday: 07:30 - 23:00

Saturday: 11:00-19:00

Sunday: closed

Every Saturday

Open Ride

& free tips from our Nutritionists

Time Zone	Monday	Tuesday	Wednesday	Thursday	Friday
00	08:00-09:00 I.CON IC8	08:00-09:00 I.CON IC8	08:00-09:00 I.CON IC8	08:00-09:00 I.CON IC8	
01	9:00-10:00 Pilates Area 1	9:00-10:00 Pilates Area 1	9:00-10:00 Pilates Area 1	9:00-10:00 Pilates Area 1	9:00-10:00 Pilates Area 1
02	10:00-11:00 MET CON Area 1		10:00-11:00 MET CON Area 1		10:00-11:00 MET CON Area 1
03	13:00-14:00 Pilates Area 1	13:00-14:00 Pilates Area 1	13:00-14:00 Pilates Area 1	13:00-14:00 Pilates Area 1	13:00-14:00 Pilates Area 1
04	14:00-15:00 I.CON IC8	14:00-15:00 I.CON IC8	14:00-15:00 I.CON IC8	14:00-15:00 I.CON IC8	
05	14:00-15:00 Pilates Area 1	14:00-15:00 Pilates Area 1	14:00-15:00 Pilates Area 1	14:00-15:00 Pilates Area 1	14:00-15:00 Pilates Area 1
06	15:00-16:00 INTERVAL Area 1	15:00-16:00 INTERVAL Area 1	15:00-16:00 INTERVAL Area 1	15:00-16:00 INTERVAL Area 1	15:00-16:00 INT IC8
07	15:30-16:30 I.CON IC8	15:30-16:30 I.CON IC8	15:30-16:30 I.CON IC8	15:30-16:30 I.CON IC8	15:00-16:00 HIIT Area 1
08	16:00-17:00 INTERVAL Area 1	16:00-17:00 INTERVAL Area 1	16:00-17:00 INTERVAL Area 1	16:00-17:00 INTERVAL Area 1	16:00-17:00 INT IC8
09	17:00-18:00 I.CON IC8	17:00-18:00 I.CON IC8	17:00-18:00 I.CON IC8	17:00-18:00 I.CON IC8	16:00-17:00 HIIT Area 1
10	17:00-18:00 INTERVAL Area 1	17:00-18:00 INTERVAL Area 1	17:00-18:00 INTERVAL Area 1	17:00-18:00 INTERVAL Area 1	17:00-18:00 INT IC8
11	18:00-19:00 Pilates Area 1	18:00-19:00 Pilates Area 1	18:00-19:00 Pilates Area 1	18:00-19:00 Pilates Area 1	17:00-18:00 HIIT Area 1
12	18:30-19:30 I.CON IC8	18:30-19:30 I.CON IC8	18:30-19:30 I.CON IC8	18:30-19:30 I.CON IC8	18:00-19:00 Black Roll Area 1
13	19:00-20:00 Pilates Area 1	19:00-20:00 Pilates Area 1	19:00-20:00 Pilates Area 1	19:00-20:00 Pilates Area 1	19:00-20:00 Black Roll Area 1
14	20:00-21:00 Cross Training Area 1	20:00-21:00 Cross Training Area 1	20:00-21:00 Cross Training Area 1	20:00-21:00 Cross Training Area 1	
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