

Group Class Timetable



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00–8:30	HIIT Cardio	Flex & Power	HIIT Strength	Abs Blast	METCON	
10:00–10:30						
10:30–11:15						Zumba
11:30–12:15						Vinyasa Yoga
12:15–13:00	X-Fit	KB-Fit	Q-Conditioning	Q-Strength	Cycle	
	Yin Yoga	Dance Fit		Hatha Yoga		
13:15–13:45						<div style="border: 2px solid purple; padding: 10px; text-align: center;"> <p>Scan for class descriptions</p>  </div>
14:00–14:30						
17:30–18:15	Zumba	Strength & Sculpt	Vinyasa Yoga	Barre		
	Cycle					
18:30–19:15	Flex & Flow	Pilates		Pilates		

Peak Members have access to all our Qmotion classes. Off-Peak Members have access to classes Monday to Friday between 7am-3pm and anytime on weekends. All classes will be held in our Mind & Body Studio except Cycle / Bootcamp Cycle in the Cycle Studio and X-Fit / KB-FIT in the Performance Studio.