

Reduced Timetable

NO CLASSES 23RD DECEMBER – 1ST JANUARY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00–8:30	METCON	Flex & Power	Bodypump	Abs Blast		
10:00–10:30						
10:30–11:15						Zumba
11:30–12:15						Vinyasa Yoga
12:15–13:00	X-Fit	KB-Fit Dance Fit	Q-Conditioning	Q-Strength Hatha Yoga	Cycle	 <p>Scan for class descriptions</p>
13:15–13:45						
14:00–14:30						
17:30–18:15	Cycle	HIIT Strength	Bootcamp Cycle	Flex & Power		

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 with the exception of: Cycle / Bootcamp Cycle in the Cycle Studio and X-Fit / KB-FIT / Q Conditioning / Q Strength / METCON in the Performance Studio.