

Group Class Timetable



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00–8:30	METCON	Flex & Power	PUMP	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	Q-Conditioning	Q-Strength	Yogalates	
	Barre	Dance Fit		Hatha Yoga	Cycle	
13:15–13:45						
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 with the exception of: Cycle in the Cycle Studio, X-Fit / KB-FIT / Q-Conditioning / Q-Strength / METCON in the Performance Studio and Barre in the Active Studio.