

Group Class Timetable



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00–8.30	HIIT Cardio	Abs Blast	HIIT Strength	Abs Blast	Box Fit	
10.30–11.15						Zumba
11.30–12.15						Vinyasa Yoga
12.15–13.00	X-Fit	KB - FIT	X-Fit	Cycle	X-Fit	
	Yin Yoga	Zumba		Hatha Yoga	Flex and Flow	
17.30–18.15	Cycle	Strength + Sculpt	Vinyasa Yoga	LBT	Zumba	<div style="border: 2px solid purple; padding: 5px;"> <p>Scan for class descriptions</p>  </div>
	Zumba					
18.30–19.15	Flex and Flow	Pilates				
		Boot Camp Cycle				

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.