

# Schedule

## 2021-22

### 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	08:00-09:30 I.CON IC8   Area 2	08:00-09:30 I.CON IC8   Area 2	08:00-09:30 I.CON IC8   Area 2	08:00-09:30 I.CON IC8   Area 2	
01	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 Circuit   Area 1	10:00-11:00 MET CON   Area 1	10:00-11:00 Circuit   Area 1	10:00-11:00 MET CON   Area 1
03	14:15-15:15 Pilates   Area 1				
04	14:30-16:00 I.CON IC8   Area 2	14:30-16:00 I.CON IC8   Area 2	14:30-16:00 I.CON IC8   Area 2	14:30-16:00 I.CON IC8   Area 2	
05	15:00-16:00 TRX   Area 1	14:30-15:30 Pilates   Area 1	15:00-16:00 Corespot   Area 1	14:30-15:30 Pilates   Area 1	
06	16:00-17:30 I.CON IC8   Area 2	16:00-17:30 I.CON IC8   Area 2	16:00-17:30 I.CON IC8   Area 2	16:00-17:30 I.CON IC8   Area 2	
07	17:30-19:00 I.CON IC8   Area 2	17:30-19:00 I.CON IC8   Area 2	17:30-19:00 I.CON IC8   Area 2	17:30-19:00 I.CON IC8   Area 2	
08					
09					18:00-19:00 Pilates   Area 1
10	19:00-20:30 I.CON IC8   Area 2	19:00-20:30 I.CON IC8   Area 2	19:00-20:30 I.CON IC8   Area 2	19:00-20:30 I.CON IC8   Area 2	
11					
12	19:00-20:00 Pilates   Area 1	19:00-20:00 HIIT   Area 1	19:00-20:00 Pilates   Area 1	19:00-20:00 HIIT   Area 1	19:00-20:00 HIIT   Area 1
13					
14	20:00-21:00 Cross   Area 1	20:00-21:00 TRX Cross   Area 1	20:00-21:00 Cross   Area 1	20:00-21:00 TRX   Area 1	20:00-21:00 Cross   Area 1
15					