

Class Timetable



Monday

Hyrox	6:00am
Yoga	10:00am
Aqua	10:30am
Cycle-45	6:00pm
Lift-45	7:00pm

Tuesday

Group Training	6:00am
Fitness Pilates	9:30am
Yogalates	10:30am
Aqua	10:30am
Yin Fusion Yoga	6:00pm

Wednesday

LoveFit Rebel Dance	10:00am
LoveFit Light Dance	11:00am
Spinning	6:00pm
Hip-Hop Yoga	7:00pm

Thursday

Group Training	6:00am
Yin Fusion Yoga	10:00am
Aqua	10:30am
Yogalates	6:00pm
Pilates	7:00pm

Saturday

Cycle-45	8:45am
Fitness Pilates	10:00am