

TRI X FITNESS

CLASS TIMETABLE

TRI X FITNESS

CLASS TIMETABLE

MONDAY

TIME	CLASS
06:45 - 07:30	REBOOT (GYM FLOOR)
10:00 - 11:00	ZUMBA
11:00 - 12:00	LES MILLS: BODY BALANCE
12:15 - 13:00	GROUP CYCLE: FREE BEATS
13:30 - 14:15	TRI TOTS: PARENT & BABY
17:15 - 17:45	GROUP CYCLE: PEAK EXPRESS
17:15 -17:45	LES MILLS: BODY COMBAT
17:50 - 18:20	GROUP CYCLE: FREE BEATS EXPRESS
18:00 -18:30	REBOOT: CHARGE
18:35 - 19:20	CORE
18:40 - 19:25	LES MILLS: BODY STEP
19:00 - 19:45	LIFT

TRI X FITNESS

CLASS TIMETABLE

TUESDAY

TIME	CLASS
06:45 - 07:15	REBOOT: CHARGE
07:30 - 08:00	LEGS, BUMS, TUMS
09:15 - 09:45	GROUP CYCLE: VIRTUAL
10:00 - 10:45	LEGS, BUMS, TUMS
11:00 - 11:45	PILATES
12:15 - 13:00	GROUP CYCLE & CORE
13:30 - 14:15	DANCE FIT
14:30 - 15:15	VITALITY CIRCUITS
17:15 - 18:00	LES MILLS: BODY PUMP
17:30 - 18:15	GROUP CYCLE: FREE BEATS
18:10 - 18:55	PILATES
18:30 - 19:00	GROUP CYCLE: FREE BEATS
19:00 - 19:45	LIFT
19:00 - 20:00	YOGA

TRI X FITNESS

CLASS TIMETABLE

WEDNESDAY

TIME	CLASS
06:00 - 07:00	HYROX
07:15 - 08:00	LES MILLS: BODY BALANCE
09:15 - 09:45	GROUP CYCLE: FREE BEATS EXPRESS
10:00 - 10:45	ZUMBA
11:00 - 11:45	PILATES
12:15 - 12:45	KETTLE BELL HIIT
13:00 - 13:45	TRI TOTS: PARENT & BABY
14:30 - 15:30	YOGA
17:30 - 18:00	REBOOT: CHARGE
17:30 - 18:15	GROUP CYCLE: FREE BEATS
18:10 - 18:55	LES MILLS: BODY COMBAT
18:30 - 19:00	GROUP CYCLE: FREE BEATS EXPRESS
19:00 - 19:45	LESS MILLS: BODY COMBAT

TRI X FITNESS

CLASS TIMETABLE

THURSDAY

TIME	CLASS
06:45 - 07:30	REBOOT
07:30 - 08:15	LES MILLS: BODY BALANCE
09:15 - 09:45	GROUP CYCLE: VIRTUAL
10:00 - 10:45	LES MILLS: BODY BALANCE
12:15 - 13:00	GROUP CYCLE: FREE BEATS
17:30 - 18:15	KETTLEBELLS
17:30 - 18:15	GROUP CYCLE: FREE BEATS
18:20 - 18:50	CORE
18:30 - 19:00	GROUP CYCLE: VIRTUAL PEAK
19:00 - 19:45	REBOOT: FLEX

TRI X FITNESS

CLASS TIMETABLE

FRIDAY

TIME	CLASS
06:45 - 07:30	GROUP CYCLE: FREE BEATS
07:30 - 08:30	YOGA
09:00 - 10:00	YOGA
10:20 - 10:55	REBOOT
11:15 - 12:00	ZUMBA
12:15 - 12:45	GROUP CYCLE: FREE BEATS EXPRESS
17:15 -18:00	LES MILLS: BODY PUMP
17:30 - 18:15	GROUP CYCLE: FREE BEATS
18:10 -18:55	LES MILLS: BODY COMBAT
18:30 - 19:15	LIFT

TRI X FITNESS

CLASS TIMETABLE

SATURDAY

TIME	CLASS
08:00 - 08:45	BOOTCAMP
09:00 - 09:45	GROUP CYCLE: FREE BEATS
10:00 - 10:45	LIFT

SUNDAY

TIME	CLASS
08:30 - 09:30	YOGA
10:30 - 11:30	HYROX
11:40 - 12:25	REBOOT: FLEX