

CLASS TIMETABLE

Q3
2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0615	ELEVATE	HYBRID	ELEVATE		SWEAT	
0715		ELEVATE	HYBRID			
0815						UPPER BODY BUILD
0915	UPPER BODY BUILD		MOVE & IMPROVE		ELEVATE	LOWER BODY BUILD
1015					ELEVATE	SATURDAY SUPER CIRCUITS
1115						
1215			EXPRESS [TOTAL BODY]			
1715					ELEVATE	
1815	UPPER BODY BUILD	ELEVATE	CARDIO & CORE			
1915				STRETCH		

*Got feedback on the classes / timetable? We'd love to hear it!



CLASS DESCRIPTIONS

Upper Body Build

An upper-body workout for those who wish to build muscle.

[Monday 0915 & 1815, Saturday 0815](#)

Lower Body Build

An lower-body workout for those who wish to build muscle.

[Saturday 0915](#)

Sweat

A cardio workout for those looking to work their heart and lungs.

[Friday 0615](#)

Elevate

A low-impact, steady-state cardio class designed to improve cardiovascular health and endurance.

[Monday 0615; ; Tuesday 0715 & 1815; Wednesday 0615; Friday 0915; 1015 & 1715](#)

Hybrid

A circuits-style workout combining both strength and conditioning exercises.

[Tuesday 0615; Wednesday 0715](#)

Move & Improve

A joint-friendly workout combining resistance training and mobility exercises.

[Wednesday 0915](#)

Express [Total Body]

A 30-Minute workout combining cardio and core exercises.

[Wednesday 1215](#)

Stretch

A class for those looking to unwind and stretch out their body.

[Thursday 1915](#)

Saturday Super Circuits

An epic, whole-gym, circuits session.

[Saturday 1015](#)

Cardio & Core

A circuit style workout with cardio bursts mixed with core exercises.

[Wednesday 18:15](#)