

CLASS TIMETABLE

Monday

08.00 - 08.30 Circuit - Gymnasium

09.50 - 10.20 TF Athletic - Fitness Suite

10.30 - 11.00 TF Strength - Fitness Suite

17.45 - 18.30 Body Conditioning - Gymnasium

18.30 - 19.15 Pilates - Gymnasium

18.30 - 19.15 Studio Cycling - Spin Studio

19.15 - 20.00 TF Pump - Gymnasium

Tuesday

17.45 - 18.30 Zumba - Gymnasium

17.45 - 18.45 Iyengar Yoga - Motion Capture

18.30 - 19.15 Kettlebells - Gymnasium

19.15 - 20.00 Studio Cycling - Spin Studio

19.15 - 20.00 TF Pump - Gymnasium

Wednesday

08.00 - 08.30 Women's Strength Circuit - Gymnasium

08.30 - 09.00 Women's Strength Circuit - Gymnasium

09.50 - 10.20 TF Athletic - Fitness Suite

10.30 - 11.00 TF Strength - Fitness Suite

17.45 - 18.45 Ashtanga Vinyasa Yoga - Gymnasium

19.00 - 19.45 HIIT - Gymnasium

CLASS TIMETABLE

Thursday

13.15 - 13.45 Express Kettlebells - Gymnasium

17.30 - 18.15 Beginners Pilates - Gymnasium

18.30 - 19.15 Box Cardio - Gymnasium

18.45 - 19.30 Studio Cycling - Spin Studio

19.15 - 20.00 Body Conditioning - Gymnasium

Friday

08.00 - 08.30 Women's Strength Circuit - Gymnasium

09.50 - 10.20 TF Athletic - Fitness Suite

10.30 - 11.00 TF Strength - Fitness Suite

13.00 - 13.45 Pilates - Gymnasium

Saturday

09.15 - 10.00 Legs, Bums & Tums - Gymnasium

09.15 - 09.45 TF Core - Fitness Suite

10.00 - 10.30 Studio Cycling - Spin Studio

10.00 - 10.45 Pilates - Gymnasium

Sunday

10.15 - 10.45 Studio Cycling - Spin Studio

11.00 - 11.30 TF Strength - Fitness Suite



Book your classes via the
Technogym App

