

EXAMPLE TIMETABLE

Please refer to the Pump Gyms App for the most up to date timetable

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday								
MORNING	8:00 – 12:00	09:30 – 10:00 Gym Floor	CIRCUITS	09:30 – 10:00 Main Studio	BAR BLAST	09:30 – 10:00 Gym Floor	HITT	09:30 – 10:00 Gym Floor	HITT CARDIO	09:30 – 10:00 Gym Floor	RIG FIT	09:00 – 9:45 Spin studio	SPIN	09:15-10:00 Main Studio	PILATES	
													10:00-11:00 Main Studio	ZUMBA	09:00 – 9:45 Spin studio	SPIN
														11:00 - 12:00 Main Studio	COMBAT	10:00-10:45 Main Studio
DAYTIME	12:00 – 17:00	12:30 – 13:00 Spin Studio	SPIN	12:30 – 13:00 Gym Floor	BLAST 30	12:30 – 13:00 Gym Floor	STRENGTH AND STAMINA	12:30 – 13:00 Gym Floor	BOOTCAMP	12:30 – 13:00 Spin Studio	SPIN					
		13:15 – 13:45 Gym Floor	RIG FIT	13:15 – 13:45 Gym Floor	HITT CARDIO	13:15 – 13:45 Spin Studio	SPIN	13:15 – 13:45 Main Studio	BAR BLAST	13:15 – 13:45 Gym Floor	CIRCUITS					
EVENING	17:00 – 22:00	19:30 - 20:30 Main Studio	PILATES	18:00 - 19:00 Main Studio	STRENGTH AND CONDITIONING	18:00-18:50 Main Studio	COMBAT	18:30 -19:30 Main Studio	STRENGTH AND CONDITIONING							
		20:00 - 20:45 Spin Studio	SPIN	19:00 - 20:00 Main Studio	ZUMBA	19:00 - 20:00 Main Studio	STRENGTH AND CONDITIONING	19:00 - 19:45 Spin Studio	SPIN							
						20:15 - 21:15 Main Studio	YOGA									

- CARDIO
- STRENGTH
- COMBAT
- INTERVAL
- MIND AND BODY
- DANCE

CLASSES NEED TO BE BOOKED VIA THE PUMP GYMS APP, THIS CAN BE DONE 7 DAYS IN ADVANCE. PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY.

THIS TIMETABLE MAY BE SUBJECT TO CHANGE. 100+ VIRTUAL ON DEMAND CLASSES AVAILABLE 24/7 IN CLUB AND VIA THE PUMP GYMS APP