

KELLY MASSEY  
OLYMPIC MEDALLIST



**HIITSTEP™**

	CLASS	WHEN	WHERE	INSTRUCTOR
<b>MONDAY</b>	EARLY BIRD VIRTUAL SPIN	06:00am - 07:00am	Spin Studio	VIRTUAL RIDE
	EARLY BIRD CIRCUIT TRAINING	06:30am - 07:00am	Sports Hall	SIMON
	EXPRESS SPIN	09:30am - 10:00am	Spin Studio	SIMON
	SKIP FIT	6:00pm - 6:30pm	Group Training Hall	MARK
	VIRTUAL SPIN	6:15pm - 7:00pm	Spin Studio	VIRTUAL RIDE
	ROCKIN BODY	6:00pm - 7:00pm	ASV Studio	JO FOXY
	METAFIT	6:30pm - 7:00pm	Group Training Hall	LEIGHTON
	ZUMBA	7:00pm - 7:45pm	Group Training Hall	LISA V
	SPINNING	7:15pm - 8:00pm	Spin Studio	MARK
SUMMER ABS	8:00pm - 8:30pm	Group Training Hall	FITNESS STAFF	
<b>TUESDAY</b>	EARLY BIRD SPINNING	06.15am - 07:00am	Spin Studio	SIMON
	QUEENAX CIRCUIT	09:30am - 10:00am	Queenax	SIMON
	COMBAT FIT	6:15pm - 7:00pm	ASV Studio	KAY
	EXPRESS SPIN	6:30pm - 7:00pm	Spin Studio	LEIGHTON
	BOKWA	7:00pm - 7:45pm	Group Training Hall	JO WHITTLE
	SPINNING	7:15pm - 8:00pm	Spin Studio	MARK
	BOXERCISE	7:15pm - 8:00pm	Group Training Room 2	KAY
	4DPRO BUNGEE FITNESS	7:15pm - 8:00pm	Fitness Suite	LISA V
	CLUBBERCISE	8:15pm - 9:00pm	Sports Hall	LISA V
<b>WEDNESDAY</b>	EARLY BIRD METAFIT	06:30am - 07:00am	Sports Hall	SIMON
	SUMMER ABS	09:30am - 10:00am	Fitness Suite	SIMON
	VIRTUAL SPIN	10:00am - 11:00am	Spin Studio	VIRTUAL
	QUEENAX CIRCUIT	5:30pm - 6:00pm	Queenax	FITNESS STAFF
	VIRTUAL SPIN	6:15pm - 7:00pm	Spin Studio	VIRTUAL RIDE
	STEP AEROBICS	6:15pm - 7:00pm	Group Training Hall	LISA V
	HIITSTEP	7:15pm - 7:45pm	ASV Studio	LISA V
	4DPRO BUNGEE FITNESS	8:00pm - 8:45pm	Queenax Rig	LISA V
	VIRTUAL SPIN	9:00pm - 10:00pm	Spin Studio	VIRTUAL
<b>THURSDAY</b>	SPINPOWER	06.15am - 07:00am	Spin Studio	SIMON
	QUEENAX CIRCUIT	09:30am - 10:00am	Queenax	SIMON
	STRONG by Zumba	6:00pm - 6:45pm	ASV Studio	KAY/LISA V
	LEGS, BUMS & TUMS	6:30pm - 7:00pm	Group Training Hall	FITNESS STAFF
	HIITSTEP	6:00pm - 6:30pm	ASV Studio	MARK
	METAFIT	7:00pm - 7:30pm	Group Training Hall	FITNESS STAFF
	EXPRESS SPIN	7:00pm - 7:30pm	Spin Studio	SPINNING STAFF
	ROCKIN BODY	7:30pm - 8:30pm	ASV Studio	JO FOXY
	ZUMBA	7:30pm - 8:15pm	Group Training Hall	LISA V
<b>FRIDAY</b>	VIRTUAL SPIN	06:30am - 07:00am	Spin Studio	SPINNING STAFF
	EARLY BIRD HITT FRIDAYS	06:30am - 07:00am	Sports Hall	FITNESS STAFF
	QUEENAX CIRCUIT	09:30am - 10:00am	Fitness Suite	FITNESS STAFF
	FIT BALL	10:00am - 10:30am	Fitness Suite	FITNESS STAFF
	ROCKIN BODY	6:00pm - 7:00pm	ASV Studio	JO FOXY
	SUMMER ABS	6:00pm - 6:30pm	Fitness Suite	FITNESS STAFF
	HITT STEP	6:45pm - 7:15pm	Group Training Hall	MARK
	STRONG by Zumba	7:00pm - 8:00pm	Group Training Hall	LISA V & KAY
	VIRTUAL SPIN	8:00pm - 8:30pm	Spin Studio	VIRTUAL RIDE
<b>SATURDAY</b>	CIRCUIT TRAINING	08:30am - 09:10am	Sports Hall	FITNESS STAFF
	HIITSTEP	09:30am - 10:00am	Studio	LISA V/MARK
	QUEENAX CIRCUIT	10:00am - 10:45am	Sports Hall	STE PAUL
	VIRTUAL SPIN	10:15am - 11:00am	Spin Studio	VIRTUAL RIDE
	VIRTUAL SPIN	4:00pm - 5:00pm	Spin Studio	VIRTUAL RIDE
<b>SUNDAY</b>	BOKWA STEP	09:00am - 09:45am	ASV Studio	LISA V
	TRX SUSPENSION WORKSHOP	10:00am - 10:30am	Fitness Suite	FITNESS STAFF
	QUEENAX CIRCUIT	11:00am - 11:30am	Fitness Suite	FITNESS STAFF
	VIRTUAL SPIN	1:00pm - 2:00pm	Spin Studio	VIRTUAL RIDE
	VIRTUAL SPIN	4:00pm - 5:00pm	Spin Studio	VIRTUAL RIDE

ALL CLASSES CAN BE BOOKED 7 DAYS IN ADVANCE THROUGH THE FREE ASV MYZONE APP