

PINNACLE SCORESBY GROUP FITNESS TIMETABLE

THIS IS A SAMPLE TIMETABLE: Due to the current Covid-19 restrictions current timetables are temporarily unavailable.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	LES MILLS BODYPUMP		BOXING			LES MILLS BODYATTACK	
9:00am							LES MILLS BODYPUMP 30
9:30am	LES MILLS BODYPUMP	PILATES	BARRE ATTACK	LES MILLS BODYPUMP	KONGA	BOXING	LES MILLS CXWORX
10:00am						PILATES	YOGA
10:30am	BARRE ATTACK		YOGA	BARRE ATTACK	LES MILLS CXWORX		
11:00am					AWESOME ADULTS		
5:30pm	LES MILLS BODYATTACK 30	THT 30	STEP 30	PILATES 30	LES MILLS BODYPUMP 30	30 30 MINUTE EXPRESS CLASS	
6:00pm	STEP 30	PILATES 30	LES MILLS BODYATTACK	ZUMBA	LES MILLS CXWORX		
6:30pm	BARRE ATTACK 30	ZUMBA	BARRE ATTACK 30				
7:00pm	LES MILLS BODYPUMP		YOGA 30	JUST ABS 30			
7:30pm		BOXING		BOXING			
8:00pm	YOGA		LES MILLS BODYPUMP				



FOR CLASS DESCRIPTIONS PLEASE SEE OUR WEBSITE OR THE PINNACLE APP