

PINNACLE UPWEY 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	BOXING		CYCLE 30				
6:45am			BODY BLITZ ³⁰				
7:45am						CYCLE 30	
8:30am					CYCLE 30	LES MILLS BODYPUMP	
9:30am	PILATES	BARRE ATTACK	LES MILLS BODYPUMP	BOXING	LES MILLS BODYPUMP		BODY BLITZ
10:30am		YOGA		JUST ABS ³⁰			YOGA
11:00am	STAYACTIVE	STAYACTIVE	STAYACTIVE	STAYACTIVE	ZUMBA _{gold}		
5:30pm	BOXING	JUST ABS ³⁰	LES MILLS BODYPUMP	CYCLE 30			
6:15pm		CYCLE 30					
6:30pm			ZUMBA ³⁰				
6:45pm	CYCLE 30						
7:00pm		BOXING	THT ³⁰	PILATES			
7:30pm	LES MILLS BODYPUMP		BARRE ATTACK ³⁰				
8:00pm		YOGA		YOGA			

30 30 MINUTE EXPRESS CLASS



FOR CLASS DESCRIPTIONS PLEASE
SEE OUR WEBSITE OR THE PINNACLE APP