

Aspyre Fitness Group Fitness Timetable



Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6am	Body Step	Body Pump	Body Step	Body Pump		8:30am >	Body Pump	
9:30am	Body Pump		Body Pump			9:30am >	Body Combat	Body Balance
12:10pm (45min)	Body Combat	Body Pump	Body Combat	Body Pump	Body Balance			
5:30pm	Body Pump	H.I.I.T.	Body Pump	H.I.I.T.	Zumba 5:45pm			
6:30pm	Body Balance							

RPM Studio

Time	Tuesday	Thursday
1pm	RPM	RPM