

## MON

07:30 - 08:15  
BOOTCAMP

09:30 - 10:00  
BODY CONDITIONING

10:10 - 10:55  
SPIN

12:00 - 12:30  
SPIN

12:40 - 13:10  
CORE 26

17:30 - 18:15  
SPIN

18:00 - 19:00  
VINYASA FLOW  
YOGA

18:30 - 19:15  
SPIN

18:00 - 18:45  
OUTDOOR  
BOXERCISE

19:30 - 20:15  
BOOTCAMP

## TUE

07:30 - 08:15  
LEGS, BUMS & TUMS

09:00 - 09:45  
BOXERCISE

10:00 - 10:30  
BODY CONDITIONING

10:35 - 11:05  
CORE 26

11:15 - 12:00  
KETTLEBELL BODY  
BLITZ

12:05 - 12:35  
SPIN

12:10 - 12:40  
REAXING

12:40 - 13:10  
PIYO

13:15 - 13:45  
SENIOR STRETCH  
& MOBILITY

17:30 - 18:15  
SPIN

18:00 - 18:45  
PILATES  
SCULPT & SWEAT

18:25 - 18:55  
OUTDOOR HIIT

19:30 - 20:00  
PUMP 26

## WED

07:00 - 07:45  
SPIN

07:30 - 08:00  
FULL BODY HIIT

09:30 - 10:15  
BOOTY BURN

10:30 - 11:00  
REAXING

12:00 - 12:45  
CIRCUITS

16:45 - 17:30  
BOKWA

17:35 - 18:20  
SPIN

18:00 - 19:00  
VINYASA FLOW  
YOGA

18:30 - 19:00  
OUTDOOR  
BODY CONDITIONING

18:30 - 19:15  
SPIN

19:30 - 20:00  
FULL BODY FUSION

## THUR

07:00 - 07:45  
ENERGISING  
FLOW YOGA

07:30 - 08:00  
CIRCUITS

09:30 - 10:00  
BODY CONDITIONING

10:05 - 10:35  
CORE 26

12:00 - 12:30  
SPIN

12:35 - 13:05  
ARMS & ABS

13:15 - 13:45  
SENIOR STRETCH  
& STRENGTH

16:45 - 17:15  
CLUBERCISE

17:30 - 18:00  
SPIN

18:00 - 18:45  
POWER PILATES

18:10 - 18:40  
SPIN

19:30 - 20:00  
LEGS, BUMS & TUMS

## FRI

07:30 - 08:15  
BODY BURN

09:30 - 10:15  
FIZZ FIT

11:15 - 12:00  
KETTLEBELL BODY  
BLITZ

12:05 - 12:50  
BOXERCISE

17:30 - 18:15  
SPIN

18:30 - 19:00  
BODY CONDITIONING

19:30 - 20:00  
LEGS BUMS N TUMS

## SAT

08:45 - 09:15  
EXTREME HIIT

09:20 - 10:05  
SPIN

10:10 - 10:55  
SANGRIA SALSA

11:00 - 11:45  
BOOTY BURN

12:00 - 12:30  
CORE 26

FOLLOW FOR  
UPDATES!



@FIT26\_UK  
WWW.HUB26.UK

## SUN

08:30 - 09:00  
BOOTCAMP

09:30 - 10:00  
KETTLEBELL CORE

11:00 - 11:45  
CIRCUITS

*Classes*  
FIT | 26