

## MONDAY

09.15 - 10.00	Fat Burn Extreme <i>new time</i>	Crèche
09.30 - 10.15	Cycling Revolution	Crèche
10.30 - 11.15	Core & Abs Conditioning	Crèche
18.00 - 18.45	Stability Ball Toning	
19.00 - 19.45	Tone & Sculpt	
19.00 - 19.45	Cycling Revolution	

## TUESDAY

06.15 - 07.15	Early Riser <i>new class name</i>	Crèche
09.15 - 10.00	Tone & Sculpt	Crèche
10.15 - 10.45	MetaFIT	Crèche
11.00 - 12.00	Yoga	Crèche
17.45 - 18.30	Dynamic Stretch, Tone & Relax <i>new time</i>	
18.00 - 18.45	Cycling Revolution	
19.00 - 19.45	Running Club <i>new class</i>	
19.00 - 19.45	Cardio Sculpt <i>new class name</i>	
19.30 - 20.15	Core Conditioning <i>new time</i>	

## WEDNESDAY

09.30 - 10.30	Body Blitz Step	Crèche
10.40 - 11.25	Pilates	Crèche
11.30 - 12.15	Pilates	
18.00 - 18.45	T*B*T (Total Body Toning) <i>new class name</i>	
18.00 - 18.45	Cycling Revolution	
19.00 - 19.30	Body Conditioning	
19.00 - 19.45	Zumba	

## THURSDAY

06.15 - 07.00	I.C.E Breaker (Indoor Cycle Experience) <i>new class name</i>	Crèche
09.30 - 10.15	P*U*M*P	Crèche
10.30 - 11.00	MetaPWR	Crèche
10.15 - 11.00	Cycling Revolution <i>new time</i>	Crèche
11.15 - 12.00	P*U*M*P (Peak, Ultimate, Metabolic, Performance) <i>new class</i>	
18.00 - 18.45	MetaPWR	
18.00 - 18.45	Cycling Revolution	
19.00 - 19.30	Functional Fitness	
20.00 - 21.00	Pilates	

## FRIDAY

09.15 - 09.45	MetaFIT	Crèche
09.55 - 10.25	MetaPWR <i>new class</i>	Crèche
10.35 - 11.20	Glute Camp <i>new class name</i>	Crèche
18.00 - 18.45	Cycling Revolution	
19.30 - 20.15	Abs Blast <i>new class</i>	

## SATURDAY

09.30 - 10.15	P*U*M*P (Peak, Ultimate, Metabolic, Performance)	
10.30 - 11.15	'Hard' Core <i>new class name</i>	

## SUNDAY

08.30 - 09.15	Cycling Revolution <i>new time</i>	
09.30 - 10.15	MetaPWR <i>new time</i>	

To make sure you don't miss the class you love book all your classes online up to a week in advance. [www.onthelimit.co.uk](http://www.onthelimit.co.uk). Follow us on Twitter @OnTheLimit and Facebook 'onthelimit' for last minute spaces and the latest fitness updates. Full class information available on our website. Terms and conditions apply to all classes and events.

Timetable from 3 June 2019