

MONDAY

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|---------------|-------------------------|--------|
| 09.15 - 10.00 | Fat Burn Extreme | 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

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|---------------|------------------------------------|--------|
| 06.15 - 07.15 | Early Riser | |
| 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 | |
| 18.00 - 18.45 | Cycling Revolution | |
| 18.45 - 19.30 | Zumba new time | |
| 19.00 - 19.30 | Body Conditioning new class | |
| 19.30 - 20.15 | Running Club new time | |

WEDNESDAY

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|---------------|---|--------|
| 09.30 - 10.30 | Body Blitz Step | Crèche |
| 10.40 - 11.25 | Pilates | Crèche |
| 11.30 - 12.15 | P*U*M*P (Peak, Ultimate, Metabolic, Performance) new class | Crèche |
| 18.00 - 18.25 | T*B*T (Total Body Toning) new time | |
| 18.00 - 18.45 | Cycling Revolution | |
| 18.30 - 18.55 | Killer ABS new class | |
| 19.00 - 19.30 | Body Conditioning | |
| 19.30 - 19.55 | Stretch new class | |

THURSDAY

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|---------------|--|--------|
| 06.15 - 07.00 | I.C.E Breaker (Indoor Cycle Experience) | |
| 09.30 - 10.15 | P*U*M*P (Peak, Ultimate, Metabolic, Performance) | Crèche |
| 10.30 - 11.00 | MetaPWR | Crèche |
| 10.15 - 11.00 | Cycling Revolution | Crèche |
| 11.15 - 12.00 | Balance new class | |
| 18.00 - 18.45 | MetaPWR | |
| 18.00 - 18.45 | Cycling Revolution | |
| 19.00 - 19.30 | Functional Fitness | |

FRIDAY

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|---------------|---------------------------|--------|
| 09.15 - 09.45 | MetaFIT | Crèche |
| 09.55 - 10.25 | MetaPWR | Crèche |
| 10.35 - 11.20 | Glute Camp | Crèche |
| 18.00 - 18.45 | Cycling Revolution | |
| 19.00 - 19.45 | ABS Blast new time | |

SATURDAY

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|---------------|--|--|
| 09.30 - 10.15 | P*U*M*P (Peak, Ultimate, Metabolic, Performance) | |
| 10.30 - 11.15 | 'Hard' Core | |

SUNDAY

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|---------------|--------------------|--|
| 08.30 - 09.15 | Cycling Revolution | |
| 09.30 - 10.15 | MetaPWR | |

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. 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 7 November 2019