

MONDAY		
09.30 - 10.15	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		
06.15 - 07.15	Early Circuits	
09.15 - 10.00	Tone & Sculpt	Crèche
10.15 - 10.45	MetaFIT	Crèche
11.00 - 12.00	Yoga	Crèche
18.00 - 18.45	Stretch, Tone & Relax	
18.00 - 18.45	Cycling Revolution	
19.00 - 19.45	HiIT Cardio	
20.00 - 20.55	LiiT [low intensity interval training] new class	

WEDNESDAY		
09.30 - 10.30	Body Blitz Step	Crèche
10.40 - 11.25	Pilates new time	Crèche
11.30 - 12.15	Pilates new class	
18.00 - 18.45	Circuits new class	
18.00 - 18.45	Cycling Revolution	
19.00 - 19.30	Body Conditioning new class	
19.00 - 19.45	Zumba new class	

THURSDAY		
06.15 - 07.00	Early Circuits new class	
09.30 - 10.15	Power Push Pump	Crèche
10.30 - 11.00	MetaPWR	Crèche
10.30 - 11.15	Cycling Revolution	Crèche
18.00 - 18.45	MetaPWR	
19.00 - 19.30	Functional Fitness new class	
20.00 - 21.00	Pilates	

FRIDAY		
09.15 - 09.45	MetaFIT	Crèche
09.55 - 10.25	MetaFIT	Crèche
10.35 - 11.20	Ultimate Lower Body new time	Crèche
18.00 - 18.45	Cycling Revolution	

SATURDAY		
09.30 - 10.15	Power Push Pump	
10.30 - 11.15	Pilates	

SUNDAY		
09.30 - 10.15	Cycling Revolution	
10.30 - 11.15	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 14 January 2019