

AMBITIONZ GROUP FITNESS

Live Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45am	RPM	CORE	RPM	BODYSTEP	BODYBALANCE Flexibility		
7:30am						CORE	
8:30am				PILATES		RPM	
9:30am	CIRCUIT	HIIT	CIRCUIT	BOOTCAMP	STRENGTH & CONDITIONING	PILATES	BODYSTEP

4:30pm	BOOTCAMP	HIIT	BODYBALANCE Strength	BOXING			
5:30pm	YOGA	ZUMBA	BODYSTEP	ZUMBA			
6:30pm		HIIT	YOGA				

Virtual Classes

	MON	TUES	WED	THURS	FRI	SAT	SUN
4:15am	BODYPUMP	RPM	BODYPUMP	BODYCOMBAT	BODYPUMP		
4:45am		BODYPUMP		BODYPUMP		ONDEMAND	ONDEMAND
5:00am	BODYPUMP		CORE		RPM		
5:45am	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	BODYCOMBAT
6:30am						BODYPUMP	BODYPUMP
6:45am	CORE	BODYCOMBAT	CORE	BODYPUMP	ONDEMAND		
7:30am		BODYPUMP	BODYBALANCE	CORE	BODYCOMBAT	LIVE CLASSES	RPM
8:30am	BODYCOMBAT	CORE	SH'BAM	BODYBALANCE	ONDEMAND	LIVE CLASSES	ONDEMAND
9:30am	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES
10:40am	CORE	BODYBALANCE	BODYPUMP	BODYPUMP	CORE		
11:30am	BODYBALANCE				DANCE	ONDEMAND	ONDEMAND
12:00pm	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND	ONDEMAND		
2:00pm						RPM	
3:00pm						BODYBALANCE	BODYBALANCE
3:30pm	BODYPUMP	RPM	BODYPUMP	BODYBALANCE			
4:00pm					BODYPUMP		
4:05pm						BODYPUMP	RPM
4:30pm	ASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES
5:30pm	ASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES	LIVE CLASSES
6:30pm		LIVE CLASSES					
7:00pm	BODYPUMP			ONDEMAND	BODYPUMP	BODYPUMP	ONDEMAND

Reminder: bring a towel & water bottle. Sanitize your equipment before & after use



45 min class

ONDEMAND are timeslots where there are no scheduled classes and you can select any of Body Pump, Body Balance, Body Combat, Core, Sh'Bam/Les Mills Dance or RPM. Please ensure when selecting a class during ONDEMAND timeslots, you do not select a class which will interrupt a scheduled class



30 min class

Last updated 29 Sept '24