

IVYBRIDGE

CLASS TIMETABLE

MONDAY

LIFT & SWING @ 0930
PILATES @ 0930
SPIN @ 1030
PILATES @ 1035
AQUA @ 1130
CIRCUITS @ 1800
SPIN @ 1900

THURSDAY

SPIN @ 0615
LADIES LIFTING @ 0930
LIFT & SWING @ 0930
PILATES @ 0930
BOOTCAMP @ 1800
FIGHT CLUB @ 1900

TUESDAY

LADIES LIFTING @ 0930
PILATES @ 0930
SPIN @ 0930
YOGA @ 1800
LIFT & SWING @ 1800
BODY STRONG @ 1900
GROUP WORKOUT @ 1900

FRIDAY

LBT @ 0910
YOGA @ 0930
SPIN @ 0930
AQUA @ 1005
ABS BLAST @ 1030
BEGINNER YOGA @ 1035

WEDNESDAY

AQUAFIT @ 0915
DANCE FIT. @ 0915
PILATES @ 0930
PUMP @ 1005
SPIN @ 1800
GAIN TRAIN @ 1800
STRECH @ 1900

SATURDAY

CORE @ 0745
SPIN @ 0845

SUNDAY

SPIN @ 0845
YOGA @ 0945



BOOK YOUR SPACE

VIA THE MCCAULAYS HEALTH CLUB APP
OR AT MCCAULAYS.COM