

HBF Arena Teen Fit Fit Club timetable

Morning classes

● Teen Fit friendly classes

Monday 20/6	Tuesday 21/6	Wednesday 22/6	Thursday 23/6	Friday 24/6	Saturday 25/6	Sunday 26/6
6:15am - 6:45am Metafit Group X Room	5:45am - 6:45am Cycling Cycle Studio	8:30am - 9:00am Metafit Outdoor Outdoor	5:45am - 6:15am Metafit Group X Room	5:45am - 6:45am Cycling Cycle Studio	8:00am - 9:00am Cycling Cycle Studio	8:00am - 9:00am BODYSTEP Group X Room
9:00am - 10:00am Cycling Cycle Studio	9:00am - 9:30am HIIT 30 Cycle Cycle Studio	9:00am - 10:00am Cycling Cycle Studio	8:30am - 9:30am BODYSTEP Group X Room	8:30am - 9:30am BODYCOMBAT Group X Room	8:30am - 9:30am Int Pilates Function Room	8:30am - 9:00am Metafit Outdoor Outdoor
9:30am - 10:30am BODYCOMBAT Group X Room	10:30am - 11:30am Fit 'N' Firm Group X Room	9:30am - 10:30am Fit 'N' Firm Group X Room	9:30am - 10:00am Metafit Group X Room	9:00am - 9:30am HIIT 30 Cycle Cycle Studio	8:30am - 9:30am Step Moves Group X Room	9:00am - 10:00am BODYCOMBAT Group X Room
10:30am - 11:30am BODYBALANCE Group X Room	11:40am - 12:40pm Beg/Int Yoga Group X Room	11:40am - 12:40pm Beg/Int Pilates Group X Room	10:00am - 11:00am Get Active Function Room	10:30am - 11:30am BODYSTEP Group X Room	9:00am - 10:00am Cycling Cycle Studio	9:00am - 10:00am Cycling Cycle Studio
			10:30am - 11:30am BODYBALANCE Group X Room	11:40am - 12:40pm BODYBALANCE Group X Room	9:30am - 10:30am Beg Pilates Function Room	11:15am - 12:15pm Yin Yoga Group X Room
			11:40am - 12:40pm Step Moves Group X Room		9:30am - 10:30am BODYCOMBAT Group X Room	
					10:30am - 12:00pm Beg/Int Yoga Function Room	
					10:30am - 11:30am BODYBALANCE Group X Room	
					11:40am - 12:40pm SH'BAM Group X Room	

Afternoon / Evening classes

● Teen Fit friendly classes

Monday 20/6	Tuesday 21/6	Wednesday 22/6	Thursday 23/6	Friday 24/6	Saturday 25/6	Sunday 26/6
4:00pm - 5:00pm Fit Club Group X Room	4:30pm - 5:00pm Pure Abs Xpress- Group X Room	4:00pm - 5:00pm Fit Club Group X Room	5:30pm - 6:30pm Cycling Cycle Studio	12:40pm - 1:40pm Beg/Int Yoga Group X Room		
5:00pm - 5:30pm Pure Abs Xpress Group X Room	5:00pm - 5:30pm Metafit Group X Room	5:00pm - 5:30pm Pure Abs Xpress Group X Room	6:30pm - 8:00pm Beg/Int Yoga Function Room	5:00pm - 5:30pm Metafit Group X Room		
5:30pm - 6:00pm HIIT 30 Cycle Cycle Studio	5:30pm - 6:30pm BODYSTEP Group X Room	5:30pm - 6:30pm BODYCOMBAT Group X Room	6:35pm - 7:35pm BODYCOMBAT Group X Room			
6:00pm - 7:00pm SH'BAM Function Room	5:30pm - 6:30pm Cycling Cycle Studio	5:30pm - 6:00pm HIIT 30 Cycle Cycle Studio				

6:30pm - 7:30pm Cycling Cycle Studio	6:30pm - 8:00pm Beg/Int Yoga Function Room	6:30pm - 7:30pm Beg/Int Pilates Function Room			
6:35pm - 7:35pm BODYSTEP Group X Room	8:00pm - 9:00pm Yin Yoga-New Group X Room	6:30pm - 7:30pm Cycling Cycle Studio			
7:40pm - 8:40pm Beg/Int Pilates Group X Room		7:40pm - 8:40pm BODYBALANCE Group X Room			

Class Descriptions (/gym/teen-fit/)

To view class descriptions visit our [Fit Club web page \(/gym/teen-fit/\)](/gym/teen-fit/).