

CLASS TIMETABLE 2026

GROUP FITNESS • WEEKLY SCHEDULE

truGym

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Cycling 08.55 - 09.40 Martyna	Group Cycling 06.00 - 06.40 Sam	Legs Bums Tums 09.00 - 09.45 Sam	Group Cycling 06.00 - 06.40 Sam	Abs Blast 09.00 - 09.25 Sam	Group Cycling 08.45 - 09.30 Martyna	Group Power 09.00 - 10.00 Sam
Body Conditioning 09.45 - 10.30 Martyna	Abs Blast 06.45 - 07.30 Sam	Women's Boxing 09.45 - 10.45 Rod	Legs Bums Tums 06.45 - 07.30 Sam	Group Cycling 09.30 - 10.15 Sam		
Group Cycling 17.15 - 18.00 Martyna	Group Power 09.00 - 09.45 Sam	Dempsey Boxing 18.00 - 20.00 Rod	Group Power 09.00 - 10.00 Martyna	Circuits 17.30 - 18.15 Graz	Circuits 09.40 - 10.25 Martyna	Group Cycling 10.00 - 10.30 Sam
Body Conditioning 18.00 - 18.45 Graz	Group Cycling 09.45 - 10.30 Sam	Group Cycling 18.15 - 19.00 Martyna	HIIT Step 17.30 - 18.10 Lori	Dempsey Boxing 18.00 - 20.00 Rod		
Dempsey Boxing 18.00 - 20.00 Rod	Circuits 17.30 - 18.15 Lori	Boxercise 19.05 - 19.50 Graz	Kettlecise 18.15 - 18.55 Lori	Group Cycling 18.20 - 19.05 Martyna		
Core & Abs 18.50 - 19.20 Graz	Women's Boxing 18.00 - 19.00 Rod			Martyna		