


# AUTUMN PROGRAMME

## September - December 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SUNRISE</b> 	Spin 45 mins 6.30am	Gym Circuits 45 mins 6.30am	Spin 45 mins 6.30am	Spin/Circuits 45 mins 6.30am	Spin 45 mins 6.30am		
<b>MORNING</b> 	Spin 45 mins 9.30am	HIIT Circuits 45 mins 9.45am	Spin 45 mins 9.30am	Hot Yoga 1 hours 9.45am	Spin 45 mins 9.30am	Spin/Circuits 1 hour 8am	
<b>MID MORNING</b> 						Spin 45 mins 10am	Spin 45 mins 10am
						Power Yoga 1 hour 11.30am	
<b>SUNSET</b> 	Spin 45 mins 6.15pm	HIIT Circuits 45 mins 6.15pm	Boxercise 45 mins 6.15pm	Pump 45 mins 6.15pm			
	Pump 45 mins 7.15pm	Hot Wheels 30 mins 7.15pm		Power Yoga 1 hour 7.15pm			
		Hot Yoga 1 hour 8pm	Zumba 1 hour 8pm				

Online booking options: [www.peakphysiquegym.com](http://www.peakphysiquegym.com)  
<http://peakphysiquebelfast.clubm.mobi/Account/Login>

Pay as you option available for non members \*T&C applies | Classes may be subject to change