

FITNESS CLASS TIMETABLE

PORTAL

MONDAY

FBX	7:00 AM	-	7:30 AM
BODYCOMBAT	12:00 PM	-	12:45 PM
EVOLVE 45	12:30 PM	-	1:15 PM
YOGA	1:15 PM	-	2:15 PM
BODYCOMBAT	5:15 PM	-	6:00 PM
EVOLVE 45	6:00 PM	-	6:45 PM
BUMS + TUMS	6:30 PM	-	7:15 PM
BODYPUMP	7:45 PM	-	8:30 PM
EVOLVE 45	8:00 PM	-	8:45 PM

TUESDAY

EVOLVE 45	7:00 AM	-	7:45 AM
BODYATTACK	9:30 AM	-	10:15 AM
BODYPUMP	10:45 AM	-	11:30 AM
EVOLVE 45	12:00 PM	-	12:45 PM
50+ FITNESS	1:00 PM	-	2:00 PM
BODYCOMBAT	5:30 PM	-	6:15 PM
EVOLVE 30	5:45 PM	-	6:15 PM
EVOLVE 45	6:30 PM	-	7:15 PM
PIYO	6:45 PM	-	7:15 PM
PILATES	7:30 PM	-	8:30 PM
KETTLERCISE	8:00 PM	-	8:45 PM

WEDNESDAY

BODYCOMBAT	7:00 AM	-	7:45 AM
50+ FITNESS	9:15 AM	-	10:00 AM
EVOLVE 45	12:00 PM	-	12:45 PM
XPRESS KETTLES	12:45 PM	-	1:15 PM
BODYATTACK	5:30 PM	-	6:15 PM
EVOLVE 45	6:00 PM	-	6:45 PM
BURLEX	6:45 PM	-	7:30 PM
EVOLVE 45	7:15 PM	-	8:00 PM

Portal, 66 High Street, Irvine KA12 0AZ
T: 01294 310060

THURSDAY

EVOLVE 45	7:00 AM	-	7:45 AM
XPRESS KETTLES	7:45 AM	-	8:15 AM
BODYPUMP	9:30 AM	-	10:15 AM
BROADWAY BOOGIE	11:00 AM	-	11:45 AM
BODYPUMP	12:15 PM	-	1:00 PM
METAFIT	5:00 PM	-	5:30 PM
EVOLVE 45	5:30 PM	-	6:15 PM
BODYCOMBAT	6:00 PM	-	6:45 PM
EVOLVE 45	6:45 PM	-	7:30 PM
BUMS + TUMS	7:15 PM	-	8:00 PM

FRIDAY

EVOLVE 45	7:00 AM	-	7:45 AM
BODYCOMAT	9:15 AM	-	10:00 AM
50+ FITNESS	10:30 AM	-	11:15 AM
XPRESS KETTLES	11:45 AM	-	12:15 PM
EVOLVE 45	12:15 PM	-	1:00 PM
YOGA	1:00 PM	-	2:00 PM
EVOLVE JUNIOR	4:30 PM	-	5:00 PM
BODYCOMBAT	4:30 PM	-	5:15 PM
EVOLVE 45	5:30 PM	-	6:15 PM
BODYATTACK	5:45 PM	-	6:30 PM
BOOGIE EFFECT	7:00 PM	-	7:45 PM

SATURDAY

EVOLVE 45	9:15 AM	-	10:00 AM
BODYPUMP	9:30 AM	-	10:15 AM
BODYCOMBAT	10:45 AM	-	11:30 AM
EVOLVE 45	10:30 AM	-	11:15 PM

SUNDAY

BODYCOMBAT	10:15 AM	-	11:00 AM
EVOLVE 45	11:30 AM	-	12:15 PM
BOOGIE EFFECT	12:45 PM	-	1:30 PM