

















ACORNS LIVE CLUB CLASSES

MONDAY

-  09:00 | INSANITY
-  09:30 | MOBILITY
-  09:45 | BODY PUMP
-  11:00 | YOGA FLOW
-  18:30 | BODY PUMP
-  18:30 | SPIN
-  19:15 | HIIT CONDITION
-  19:45 | YOGA







TUESDAY

-  09:30 | BODY CONDITIONING
-  10:45 | PILATES
-  12:00 | SPIN
-  12:45 | HIIT CORE
-  18:00 | BODY COMBAT
-  19:00 | FITSTEPS
-  19:15 | SPIN
-  20:00 | PILATES

WEDNESDAY

-  09:30 | HIIT CIRCUITS
-  10:30 | MOBILITY
-  11:30 | FITSTEPS
-  12:15 | SPIN
-  17:45 | HIIT CONDITION
-  18:30 | BODY PUMP
-  18:30 | SPIN TECHNIQUE
-  18:45 | BEGINNERS SPIN
-  19:15 | HIIT CORE





THURSDAY

-  09:15 | PUMP TECHNIQUE
-  09:30 | BODY PUMP
-  09:30 | SPIN
-  11:00 | PILATES
-  18:30 | ADVANCED SPIN
-  18:30 | ZUMBA

FRIDAY

-  09:15 | FLEXFIT
-  09:30 | HIIT CONDITION
-  10:30 | MOBILITY
-  10:30 | BODY COMBAT
-  18:00 | SPIN
-  19:00 | BODY BALANCE

SATURDAY

-  08:45 | HIIT SHADOW BOXING
-  09:00 | SPIN
-  10:15 | BODY PUMP
-  11:15 | HIIT CORE

SUNDAY

-  08:45 | SPIN
-  09:45 | BODY SCULPT
-  11:00 | ZUMBA



STUDIO



SPIN STUDIO



SQUASH COURT 2