

CLASS TIMETABLE

MONDAY

| Time | Class | Studio | Instructor |
|-------------|------------------|--------|------------|
| 09.30-10.30 | BodyPump* | S2 | Karen |
| 10.00-10.30 | Aqua Fit Shallow | MP | Sandra |
| 10.40-11.40 | Pilates | S2 | Kaz |
| 11.00-12.00 | Chair Based Yoga | S1 | Kate |
| 12.15-13.00 | Fitsteps | S2 | Natalie |
| 18.00-19.00 | BodyCombat* | S2 | Jacci |
| 19.30-20.30 | Hatha Yoga | S2 | Kate |

THURSDAY

| Time | Class | Studio | Instructor |
|-------------|---------------------------|--------|------------|
| 09.30-10.30 | BodyPump* | S2 | Penny |
| 10.00-11.00 | Re-Fit Strength & Balance | S1 | Kate |
| 10.50-12.00 | Yoga Stretch | S2 | Elaine |
| 11.00-12.00 | Chair Based Pilates | S1 | Kate |
| 17.30-17.55 | Ab Blast | S2 | Duncan |
| 18.05-18.50 | Thighs Bums Tums | S2 | Duncan |
| 19.00-19.45 | Express BodyPump* | S2 | Duncan |
| 20.05-20.50 | Aqua Fit Deep | DP | Sandra |

TUESDAY

| Time | Class | Studio | Instructor |
|-------------|-------------------------|--------|------------|
| 09.15-10.00 | Studio Cycling | S1 | Geoffrey |
| 09.30-10.15 | Thighs Bums Tums | S2 | Duncan |
| 10.35-11.35 | (YAH) Body conditioning | S2 | Sandra |
| 12.00-13.00 | Yoga | S2 | Laura |
| 17.10-17.55 | Ab Blast | S2 | Sandra |
| 17.30-18.15 | Studio Cycling | S1 | Duncan |
| 18.05-18.50 | Zumba | S2 | Jenny |
| 19.00-20.00 | BodyPump* | S2 | Martin |
| 20.00-20.45 | Aqua Fit Deep | DP | Olga |

FRIDAY

| Time | Class | Studio | Instructor |
|-------------|---------------------|--------|------------|
| 09.15-10.00 | Express BodyCombat* | S2 | Vikki |
| 10.05-10.50 | Studio Cycling | S1 | Duncan |
| 10.15-11.00 | Stretch and Tone | S2 | Sandra |
| 11.40-12.40 | Yoga | S2 | Laura |
| 18.30-19.30 | Meta Circuits | S2 | Nusrat |

SATURDAY

| Time | Class | Studio | Instructor |
|-------------|------------------|--------|------------|
| 09.00-09.45 | BodyCombat* | S2 | Vikki |
| 10.00-10.45 | Express BodyPump | S2 | Vikki |

WEDNESDAY

| Time | Class | Studio | Instructor |
|-------------|------------------------|--------|------------|
| 09.30-10.30 | Body Blast | S2 | Olga |
| 11.00-12.00 | Pilates | S2 | Penny |
| 11.00-11.50 | Strength & Balance | S1 | Kate |
| 12.00-12.45 | Aqua Fit Shallow | MP | Sandra |
| 12.00-12.50 | Heart Failure Rehab | S1 | Kate |
| 17.00-17.55 | Kids Karate (5-16 yrs) | S2 | Bethany |
| 18.00-18.30 | HIIT Steps | S2 | Mo |
| 18.00-18.45 | Studio Cycling | S1 | Karen |
| 18.40-19.25 | Express BodyCombat* | S2 | Jacci |
| 19.00-19.45 | Aqua Fit Deep | DP | Olga |
| 19.35-20.35 | Yoga | S2 | Laura |

SUNDAY

| Time | Class | Studio | Instructor |
|-------------|-------------|--------|------------|
| 08.45-09.45 | Pilates | S2 | Dave |
| 10.05-11.00 | BodyAttack* | S2 | Duncan |
| 10.30-11.15 | Aquanatal | MP | Sandra |
| 11.10-11.55 | BodyPump* | S2 | Duncan |

*Les Mills class