

# CLASS TIMETABLE

## MONDAY

Time	Class	Studio	Instructor
09.00-09.45	Studio Cycling	Studio	Helen
10.30-11.30	Stroke Rehabilitation	Studio	Matt
12.00-13.00	Weight Loss	Studio	Sam
13.15-14.15	Chair Based Pilates	Studio	Kate
15.45-16.45	Junior Gym (11-15yrs)	Gym	Gym team
17.15-17.55	Beginners Bootcamp	Sports Hall	Craig
18.00-19.00	Les Mills BodyPump	Studio	Kate
19.15-20.00	FitSteps	Studio	Natalie

## TUESDAY

Time	Class	Studio	Instructor
09.30-10.30	Les Mills BodyPump	Studio	Penny
11.00-12.00	Refit Strength & Balance	Studio	Kate
12.15-13.15	Cardiac Rehabilitation	Studio	Kate
13.45-14.45	Wellbeing Gym Session	Gym	Gym team
18.15-18.55	Studio Cycling	Studio	Vikki
19.10-19.55	Pilates	Studio	Jana

## WEDNESDAY

Time	Class	Studio	Instructor
09.15-10.15	Beginners Yoga	Studio	Kate
10.45-11.45	Chair Based Exercise	Studio	Sam
12.00-13.00	Cardio Circuits	Studio	Craig
15.45-16.45	Junior Gym (11-15 yrs)	Gym	Gym team
17.15-17.55	Weight Loss	Sports Hall	Craig
17.45-18.30	Zumba	Studio	Jenny
18.35-19.20	Strong Nation	Studio	Jenny
19.25-20.10	Tai Chi Stretch & Relax	Studio	Jenny

## THURSDAY

Time	Class	Studio	Instructor
11.00-12.00	Yoga	Studio	Justine
11.00-12.00	Wellbeing Gym	Gym	Sam
12.45-13.45	Adv Strength & Balance	Studio	Kate
13.45-14.45	Beginners Pilates	Studio	Kate
15.45-16.45	Junior Gym (11-15 yrs)	Gym	Gym team
18.15-19.15	Les Mills BodyPump	Studio	Andy

## FRIDAY

Time	Class	Studio	Instructor
09.30-10.30	Pilates	Studio	Kate
10.45-11.45	Adaptive Yoga	Studio	Kate
11.50-12.35	Simply Active	Studio	Craig
12.30-13.30	Cancer Rehabilitation	Gym	Kate
13.45-14.45	Strength & Balance	Studio	Kate
18.15-19.15	Les Mills BodyPump	Studio	Andy

## SATURDAY

Time	Class	Studio	Instructor
09.00-10.00	Les Mills BodyPump	Studio	Penny
09.00-10.00	Junior Gym (11-15 yrs)	Gym	Gym team
13.00-14.00	Wellbeing Gym Session	Gym	Gym team

## SUNDAY

Time	Class	Studio	Instructor
10.00-11.00	Les Mills BodyPump	Studio	Vikki
13.00-14.00	Gentle Yoga	Studio	Kate