



MON	TUE	WED	THU	FRI	SAT	SUN
	<b>Abs &amp; Core</b> 07:30 - 08:00 Gary	<b>Abs &amp; Core</b> 07:30 - 08:00 Gary	<b>Pilates</b> 06:30 - 07:30 Michelle	<b>Pilates</b> 06:30 - 07:30 Michelle		
<b>Body Conditioning</b> 09:30 - 10:15 Marie	<b>INTRODUCTION TO Strength Training</b> 09:30 - 10:15 Hayley	<b>Zumba &amp; Tone</b> 08:30 - 09:15 Charlotte	<b>INTRODUCTION TO Strength Training</b> 09:30 - 10:15 Hayley	<b>Conditioning Club</b> 08:30 - 09:00 Billy	<b>Cycle Fit</b> 09:00 - 09:45 Chrissy	
<b>Body Flow</b> 10:15 - 11:15 Marie	<b>Pilates</b> 10:30 - 11:30 Jane	<b>Cycle Fit</b> 09:30 - 10:15 Carly Jo	<b>Physio Done Differently</b> 10:20 - 11:20 <b>NEW</b> Callum	<b>Indoor Bootcamp</b> 09:15 - 10:15 Billy	<b>Aqua Aerobics</b> 09:00 - 09:45 Leanne or Coral	<b>Aqua Aerobics</b> 09:00 - 09:45 <b>NEW</b> Lindsey
<b>Physio Done Differently</b> 11:30 - 12:30 <b>NEW</b> Callum		<b>Gym Circuit</b> 09:30 - 10:30 Cindy	<b>Aqua Fit</b> 10:30 - 11:15 Cindy	<b>Pilates</b> 10:30 - 11:30 Jane	<b>Combat Fit</b> 10:00 - 11:00 Chrissy	<b>Freestyle Step</b> 09:55 - 10:40 <b>NEW</b> Lindsey
		<b>Total Toning</b> 10:30 - 11:15 Carly Jo	<b>Pilates</b> 11:30 - 12:30 Hannah	<b>Mobility Done Differently</b> 12:00 - 13:00 <b>NEW</b> Lewis		<b>Vinyasa Yoga</b> 10:45 - 11:45 Katrin
<b>Aqua Fit</b> 11:30 - 12:15 Cindy		<b>Pilates</b> 11:30 - 12:30 Carly Jo	<b>Strength &amp; Conditioning</b> 13:00 - 13:45 <b>NEW</b> Gary		<b>Hatha Yoga</b> 11:30 - 12:30 Rob	
<b>Aqua Aerobics</b> 18:00 - 18:45 Cindy	<b>Cycle Fit</b> 17:00 - 17:45 Sian	<b>Aqua Aerobics</b> 11:30 - 12:15 Cindy	<b>Lift &amp; Tone</b> 17:45 - 18:30 Cindy	<b>Cycle Fit</b> 16:15 - 17:00 Gary		
<b>Cycle Fit</b> 18:00 - 18:45 Bee	<b>Total Body</b> 18:00 - 18:45 Helen	<b>Cycle Fit</b> 18:00 - 18:45 Chrissy	<b>Aqua Aerobics</b> 18:45 - 19:30 Cindy	<b>Step &amp; Tone</b> 17:45 - 18:30 Chrissy		
<b>Yoga</b> 19:00 - 20:00 Bee	<b>Body Flow</b> 19:00 - 19:45 Helen	<b>Combat Fit</b> 19:00 - 20:00 Chrissy	<b>Yoga</b> 19:00 - 20:00 Zara			
	<b>Restorative Yoga</b> 20:15 - 21:15 Katrin	<b>Pilates</b> 20:15 - 21:15 Hannah				

 **AQUA AEROBICS**  
Fun low impact workout in the pool.

 **CARDIO**  
Go faster, further for longer.

 **GROUP CYCLE**  
Get spinning, burn calories & have fun.

 **STRENGTH**  
Everything you need from bums to guns.

 **HOLISTIC**  
Shape yourself inside & out. Mind & Body.