

	MON	TUE	WED	THU	FRI	SAT	SUN
AM CLASSES	Body Conditioning 09:30 - 10:15 Marie	INTRODUCTION TO Strength Training 09:30 - 10:15 Hayley	Cycle Fit 09:30 - 10:15 Carly Jo	INTRODUCTION TO Strength Training 09:30 - 10:15 Hayley	Conditioning Club 08:30 - 09:00 Billy	Cycle Fit 09:00 - 09:45 Chrissy	
	Body Flow 10:15 - 11:15 Marie	Pilates 10:30 - 11:30 Jane	Gym Circuit 09:30 - 10:30 Cindy	Pilates 10:30 - 11:30 Hannah	Indoor Bootcamp 09:15 - 10:15 Billy	Aqua Aerobics 09:00 - 09:45 Zain	Aqua Aerobics 09:00 - 09:45 Zain
			Total Toning 10:30 - 11:15 Carly Jo	Aqua Fit 10:30 - 11:15 Rob	Pilates 10:30 - 11:30 Jane	Combat Fit 10:00 - 11:00 Chrissy	Cycle Fit 09.45. - 10.30 Zain
			Pilates 11:30 - 12:30 Carly Jo				Yoga 10:30 - 11:30 Zara
	Aqua Fit 11:30 - 12:15 Cindy		Aqua Aerobics 11:30 - 12:15 Cindy			Hatha Yoga 11:30 - 12:30 Rob	
PM CLASSES	Aqua Aerobics 18:00 - 18:45 Cindy	HITT 18:00 - 19:00 Zain	Zumba & Tone 17:30 - 18:30 Charlotte	Lift & Tone 18:00 - 19:00 Cindy	Cycle Fit 16:15 - 17:00 Gary		
	Cycle Fit 18:00 - 18:45 Bee	Cycle Fit 19:15 - 20:00 Zain	Cycle Fit 18:30 - 19:15 Chrissy	Aqua Aerobics 19:15 - 20:00 Cindy			
	Yoga 19:00 - 20:00 Bee	Stretch/Mobility 20:15 - 21:15 Zain	Combat Fit 19:30 - 20:30 Chrissy	Yoga 19:15 - 20:15 Zara			



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.