



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