

	MON	TUE	WED	THU	FRI	SAT	SUN
AM CLASSES						Zumba 08:15 - 09:15 Georgie	Group Cycle 08.15 - 09.00 Julie
	Aqua Zumba 09:30 - 10:15 Charlotte	Zumba 09:30 - 10:30 Charlotte	Group Cycle 09:30 - 10:15 Hollie	Body Combat 09:30 - 10:30 Karen	Body Pump 9:00 - 10:00 Lydia	Body Combat 9:30 - 10:30 Kerry	Body Pump 9:15 - 10:15 Julie
	HIIT 09:30 - 10:15 Tanya	LBT 10:30 - 11:30 Tanya		Body Pump 10:30 - 11:30 Karen	Pilates 10:15 - 11:15 Lauren		
	LBT 10:30 - 11:30 Tanya			Aqua Aerobics 11:00 - 11:45 Kerry			
PM CLASSES		Body Pump 18:30 - 19:30 Lydia	HIIT 18:30 - 19:15 Tanya	Body Pump 18:00 - 19:00 Kerry			
	Group Cycle 19:15 - 20:00 Bee	Aqua Zumba 18:30 - 19:15 Charlotte	Body Conditioning 19:30 - 20:30 Tanya	Aqua Aerobics 19:15 - 20:00 Kerry			
		Yoga 19:45 - 20:45 Lydia		Yoga 19:30 - 20:30 Lydia			



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.