

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5.45am		2 SPIN ₃₀		1 META FIT 30			
6.00am	1 LES MILLS BODYPUMP 45		1 CIRCUIT 45		1 LES MILLS BODYPUMP 45 8 SUNRISE YOGA		
6.30am		3 COR30		3 COR30			
7.00am			2 SPIN 30 7 ZEN CHAIR YOGA	2 SPIN 30 7 ZEN CHAIR YOGA			
7.45am						1 META FIT 30	
8.00am	1 BOOMERS	1 LES MILLS BODYPUMP	1 BOOMERS	1 LES MILLS BODYPUMP	1 BOOMERS	2 SPIN 45	
8.15am	6 AQUA	5 AQUA 9 SENIOR CIRCUIT 45	6 AQUA	5 AQUA ZUMBA 10 SENIOR CIRCUIT 45	6 AQUA	5 AQUA	
8.30am						7 ZEN YOGA 1 LES MILLS BODYPUMP 30 3 CIRCUIT 45	
8.45am	2 SPIN 30						
9.00am	3 SWOT BOX	7 HATHA YOGA	3 SWOT BOX		7 ZEN YOGA 3 SWOT BOX		1 LES MILLS BODYBALANCE
9.15am	1 LES MILLS BODYSTEP 30	5 AQUA MAX 1 META FIT 30 2 SPIN 30	1 LES MILLS BODYSTEP	5 AQUA MAX 1 LES MILLS BODYATTACK	1 LES MILLS BODYSTEP 30 2 SPIN 30	2 BOOTY WORKOUT 30 1 LES MILLS BODYSTEP 45	
9.30am	2 SPIN 30		2 SPIN 30	2 SPIN 30			
9.45am	1 LES MILLS BODYPUMP 30	1 LES MILLS BODYPUMP 30			1 LES MILLS BODYPUMP 30		
10.00am				7 ZEN CHAIR YOGA		7 YOGA ROLL OUT	
10.15am		2 BOOTY WORKOUT 45		2 ABT 30			
10.25am	1 LES MILLS BODYBALANCE 2 ABT 30	1 ZUMBA	1 LES MILLS BODYBALANCE	1 ZUMBA	1 Stretch & Core 7 ZEN YOGA		
11.30am	1 TAI CHI FLOW	1 HEART FIT	1 TAI CHI FLOW	1 HEART FIT			
3.30pm			3 JUNIOR POWERFIT				
4.15pm			3 STUDENT POWERFIT				
5.00pm	3 STRENGTH & CONDITIONING	2 TONE IT UP	1 HIIT CIRCUIT 30	2 YOGA MASSAGE			
5.30pm	1 LES MILLS BODYPUMP	2 SPIN 30 1 LES MILLS BODYSTEP	2 SPIN 30	1 ZUMBA			
6.00pm	7 ZEN YOGA 6 AQUA	7 RESTORATIVE YOGA	2 BOOTY WORKOUT 30 7 YOGA 6 AQUA 1 SHINE	2 YOGA			
6.30pm		1 LES MILLS BODYBALANCE					

Class Locations

1. Studio 1

3. Outdoor Gym

5. Outdoor Pool

7. Swim Club Rooms

9. Show Court 1

2. Studio 2

4. Gym

6. Indoor Pool

8. Yoga Studio

10. Stadium Court 1