

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am		2 SPIN 30		1 CIRCUIT 30			
6.00am	1 LES MILLS BODYPUMP 45		1 CIRCUIT 45		1 LES MILLS BODYPUMP 45		
6.30am		3 COR30		2 SPIN 30 3 COR30	2 SPIN 30		
7.00am			2 SPIN 30				
7.45am						1 metafit	
8.00am	1 BOOMERS	1 LES MILLS BODYPUMP 60	1 BOOMERS	1 LES MILLS BODYPUMP 60	1 BOOMERS	2 SPIN 45	
8.15am		9 SENIOR CIRCUIT 45		10 SENIOR CIRCUIT 45			
8.30am						1 LES MILLS BODYPUMP 30 3 CIRCUIT 45	
8.45am	2 SPIN 30						
9.00am	3 SWOT BOX	2 SPIN 30	3 SWOT BOX		2 SPIN 30 3 SWOT BOX		1 LES MILLS BODYBALANCE
9.15am	1 LES MILLS BODYSTEP 30	1 LES MILLS BODYATTACK 30	1 LES MILLS BODYSTEP 60 2 SPIN 30	1 LES MILLS BODYATTACK 60 2 SPIN 30	1 LES MILLS BODYSTEP 30	1 LES MILLS BODYSTEP 45	
9.30am	2 SPIN 30						
9.45am	1 LES MILLS BODYPUMP 30	1 LES MILLS BODYPUMP 30			1 LES MILLS BODYPUMP 45		
10.00am				2 ABT 30			
10.25am	1 LES MILLS BODYBALANCE 2 ABT 30	1 DanceFit	1 LES MILLS BODYBALANCE	1 DanceFit			
10.30am					1 Stretch&Core		
11.30am		1 BOOMERS	1 TAI CHI FLOW	1 BOOMERS			
1.00pm							
3.30pm			3 JUNIOR POWERFIT				
4.15pm			3 STUDENT POWERFIT				
5.00pm	3 STRENGTH & CONDITIONING	2 TONE IT UP	1 HIIT CIRCUIT 30	1 LES MILLS BODYPUMP 45			
5.15pm		1 LES MILLS BODYSTEP 45					
5.30pm	1 LES MILLS BODYPUMP 60	2 SPIN 30	2 SPIN 30				
6.00pm		1 LES MILLS BODYBALANCE	1 SHINE DANCE	1 UPLIFT STRENGTH FITNESS			

Class Locations: 2. Studio 2 4. Creche 6. Outdoor 50m - Shallow 8. Club Rooms 10. Stadium Court 1
 1. Studio 1 3. Outdoor Gym 5. Indoor Pool 7. Outdoor 50m - deep 9. Show Court 1 11. Squash Court 3

YOGA & PILATES TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00am					4 SUNRISE YOGA	
7.00am	1 Yogalates 45		1 Pilates 45 8 ZEN CHAIR YOGA	8 ZEN CHAIR YOGA		
7.15am				2 Pilates 45		
7.30am						8 Yogalates 45
8.30am						8 YIN YOGA
9.00am	8 Pilates 45	8 HATHA YOGA	8 YOGA FLOW	8 Pilates 45	8 ZEN YOGA	
9.15am						2 Pilates BANDS 45
9.45am		2 Pilates 45			2 Pilates 45	8 ROLLOUT MASSAGE
10.00am			2 Pilates 45	8 ZEN CHAIR YOGA		
10.30am					8 ZEN YOGA	
10.45am		2 Pilates BANDS 45				
11.30am	1 CHAIR Pilates 45				1 CHAIR Pilates 45	
1.00pm			8 RESTORATIVE YOGA		8 RESTORATIVE YOGA	
4.15pm	8 VINYASA YOGA	8 RESTORATIVE YOGA				
5.00pm			8 Pilates 45	2 ROLLOUT MASSAGE		
5.15pm	2 Pilates 45				1 YOGA FLOW	
6.00pm	8 ZEN YOGA	8 RESTORATIVE YOGA	2 Pilates BANDS 45 8 YOGA	2 YOGA FLOW		

Class Locations: 2. Studio 2 4. Creche 6. Outdoor 50m - Shallow 8. Club Rooms 10. Stadium Court 1
 1. Studio 1 3. Outdoor Gym 5. Indoor Pool 7. Outdoor 50m - deep 9. Show Court 1 11. Squash Court 3