

CLASS TIMETABLE

Monday

Yoga	10.00am
Aqua	10.30am
Cycle-45	6.00pm
Lift-45	7.00pm

Tuesday

Group Training	6.00am
Fitness Pilates	9.30am
Aqua	11.00am
Body Blast	5.50pm
Yin Fusion Yoga	6.25pm
Nidra Meditation	7.25pm

Wednesday

Spinning	9.15am
Zumba	10.00am
Zumba Gold	11.00am
Spin	6.00pm
The Yoga Journey	7.00pm

Thursday

Group Training	6.00am
Body Blast	9.15am
Yin Fusion Yoga	10.00am
Aqua	10.30am
Dance HIIT	6.00pm
Pilates	7.00pm

Friday

Dance HIIT	9.00am
Group Training	9.45am
Pilates	10.30am
Circuits	6.00pm

Saturday

Cycle-45	8.45am
Fitness Pilates	10.00am

Platinum classes do have an additional charge if you are on the Gold membership.