

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
Group PT	9.45am
Aqua	11.00am
Body Blast	5.50pm
Yin Fusion Yoga	6.25pm
Nidra Meditation	7.25pm

Wednesday

Zumba	10.00am
Zumba Gold	11.00am
Spin	6.00pm
Hip-Hop Yoga	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

Sunday

Spinning	9.30am
HIIT Strength	10.15am

Additional charge for Platinum classes for Gold members