

Find the class that suits your lifestyle



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
MORNING 6.30am till 10am	09:15-10:00 Pool	Aqua Caroline B	9.30-10.15 S1	15/15/15 Kelly V	7:00-7:45 S2	Spin Fitness Team	08.30-9.15 Pool	Aqua Kelly L	9.00-10.00 S1	Integral Yoga Rowan	08:45-9.30 S2	Spin Roxy		
	9.30-10.15 S2	Spin Kelly I	9.30-10.15 S2	Spin Fitness Team	09:15-10:00 Pool	Aqua Kelly L	9.30-10.15 S2	Spin Kat			09:15-10:00 Pool	Aqua Clive		
	9.30-10.30 S1	Aerobics Nadia			9.30-10.30 S1	Boxercise Natalie B	9.30-10.30 S1	LBT Nadia			9.30-10.15 S2	Spin Roxy		
					9.30-10.15 S2	Spin Fitness Team					9.30-10.15 S1	Salsa Aerobics Kelly L		
DAYTIME 10am till 5pm	10.15-11.00 S2	Spin Fitness Team	10.15-11.00 S1	Total Tone Kelly V	10.30-11.30 S1	Body Condition Nadia	10.30-11.30 S1	Pump Kat	10.05-11.05 S1	Aerobics & Step Steph L	10.30-11.15 S2	Spin Fitness Team	10.00-10.45 S1	Circuits Sam/Scott
	10.30-11.30 S1	Body Condition Nadia	11.00-11.45 S1	Salsa Aerobics Caroline B	10:45-11:30 Pool	Aqua Kelly L	10.45-11.30 S2	Dance Leila	10.05-10.50 S2	Easy Aerobics Tracy	10.30-11.30 S1	Pump Roxy	10.00-10.45 S2	Spin Kat
	10:45-11:30 Pool	Aqua Caroline B	11.45-12.30 S1	Latin Aerobics Leila	11.30-12.15 S1	Nice & Easy Nadia	11.30-12.15 S1	Flexi-Bar Neil Solmon	10.50-11.35 S2	Pilates Tracy	11.30-12.30 S1	Mind & Body Vicki	11.00-11.45 S1	Body Condition Kat
	11:45-12:45 S1	Pilates Becki	12:30-1:30 S1	Beginners Yoga Gail	12.15-1.45 S1	Integral Yoga Rowan	12.15-1.00 S1	Stretch&Relax Magda	11.05-12.05 S1	Total Tone Steph L	12.30-1.30 S1	Hatha Yoga Gail	10.45-11.30 S2	Spin Fitness Team
	12:45-1:45 S1	Beginners Pilates Becki					1.00-2.00 S1	Beginners Pilates Becki	12.15-1.00 S1	Senior Circuit Nadia			12.30-1.30 S1	Pilates Ceri
EVENING 5pm till 10pm	5.30-6.15 S1	Kombat Aerobics Kat	5.45-6.30 S1	Dance Fever Kelly L	5.45-6.30 S2	Spin Scott	5.30-6.00 S1	Express Step Kat	5.30-6.30 S1	Step Kat				
	5.30-6.15 S2	Spin Vicki	6.35-7.15 S2	Spin Kelly L	5.45-6.30 S1	Circuits Nadia	5.30-6.00 S2	Express Spin Tony	6.30-7.30 S1	Pilates Becki				
	6.15-7.00 S1	15/15/15 Roxy	6.30-7.15 S1	Boxercise Natalie B	6.30-7.15 S1	Aerobics Nadia	6.00-6.45 S1	Boxercise Natalie B	6.30-7.15 S2	Spin Vince				
	6.15-7.00 S2	Spin Vicki	7.15-8.00 S1	LBT Kelly L	6.35-7.05 S2	Spin Scott	6.00-6.45 S2	Spin Tony	7.30-8.15 S1	Flexi-Bar Neil Solmon				
	7.15-8.15 S1	Pump Roxy	7.30-8.15 S2	Flexi-Bar Neil Solmon	7.10-7.50 S2	Spin Kim	7.00-7.45 S1	Pump Kat						
	7.15-8.15 S2	LBT plus Nadia	8.00-9.00 S1	Circuits Sam/Scott	7.15-8.00 S1	Body Condition Nadia	7.00-7.45 S2	Flexi-Bar Neil Solmon						
	8.15-9.15 S1	Hatha Yoga Gail	8.15-9.00 S2	Groove Neil Solmon	8.00-9.00 S1	Pilates Ceri	7.45-8.30 S1	Groove/Stomp Neil Solmon						
							8.30-9.15 S1	Circuits Sam/Scott						



A is for Aerobic. Work your heart and lungs, burn calories, and improve cardiovascular fitness, get up and get moving.

C is for Conditioning. Improve your overall body tone, a class to condition and strengthen your body.

E is for Escape. Relax your mind by improving flexibility and posture, an excellent way to keep fit and reduce stress.

