Find the class that suits your lifestyle

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING	6.30am till 10am			06.45-07.30 Studio 2	Spin Rebako	06.45-07.30 Studio 1	Body Tone San	06.45-07.30 Studio 2	Spin Paul H						
		09:30-10:30 Studio 1	Tai Chi Paul W							09.20-09.50 Pool	Aqua Sarah	09.15-10.15 Studio 1	Pump FX Donna		
		09.45-10.30 Studio 2	Spin Annette	09.30-10.15 Studio 1	Gentle Grooves Ula	09.15-10.00 Studio 2	Spin Paul H	09.30-10.15 Studio 1	Functional Conditioning Shanley	9:45-10:30 Studio 2	Spin San	09.30-10.15 Studio 2	Spin San		
		09.45-10.30 Pool	Aqua Viv					09.30-10.30 Studio 2	Tai Chi Paul W						
DAYTIME	10am till 5pm	10.45-11.45 Studio 1	Pump Annette	10.30-11.15 Pool	Aqua San	10.00-10.45 Studio 1	Fit Ball Paul B	10.30-11.15 Studio 2	Spin Shanley	10.00-10.30 Pool	Aqua Sarah	10.30-11.30 Studio 1	Circuits Chris	10.00-11.00 Studio 1	Pump Katie
		10.45-11.30 Studio 2	SalsaTone Ula	10.30-11.30 Studio 1	Burn & Tone Ula	10.15-11.00 Studio 2	Spin Nicky	10.30-11.15 Studio 1	Gentle Grooves San	10.45-11.30 Studio 2	Kick and Burn Nina	11.30-12.30 Studio 2	Yoga Rita	10.15-11.15 Studio 2	Yoga Viv
				11.15-11.45 Studio 2	Easy Spin Nina	10.15-11.00 Pool	Aqua Paul H	11.30-12.30 Studio 1	Yoga Debbie G	10.45-11.45 Studio 1	Pump FX Sarah				
				11.30-12.30 Studio 1	Pilates Fiona	11.15-12.00 Studio 2	Stretch & Tone Nicky			12.00-1.00 Studio 2	Pilates Nick				
														4.00-5.00 Studio 1	Circuits Matt G
EVENING	5pm till 10pm														
		5.00-5.30 Studio 2	Spin San							5.15-5.45 Studio 2	Spin San				
		5.30-6.00 Studio 1	Abs San	5.30-6.15 Studio 2	Boxercise Paul B	5.30-6.30 Studio 1	Dancercise Shanley	5.30-6.15 Studio 1	Ballet Tone Debbie	5.45-6.15 Studio 2	Abs San				
		5.45-6.45 Studio 2	Yoga Viv	5.30-6.30 Studio 1	Circuits Chris	5.30-6.15 Studio 2	Spin Mario	5.30-6.00 Studio 2	Abs San	6.15-7.00 Studio 1	Stretch & Tone Paul B				
		6.00-7.00 Studio 1	Pump Debbie	6.30-7.15 Studio 1	Legs,Bums,Tums Debbie	6.30-7.30 Studio 2	Yoga Fiona	6.15-7.00 Studio 2	Spin Rebako						
		7.15-8.00 Studio 2	Spin San	6.30-7.15 Studio 2	Spin Chris	6.30-7.15 Studio 1	Legs,Bums,Tums Shanley	7.15-8.15 Studio 2	Urban Funk Ula						
		7.15-8.15 Studio 1	Boxercise Rebaco	7.30-8.30 Studio 1	Pilates Chris	7.15-8.15 Studio 1	Pump Mario	7.15-8.15 Studio 1	Boxfit / Circuit Matt						

ace aerobic • conditioning • escape

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.