

Find the class that suits your lifestyle



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 6.30am till 10am	9.30-10.30 2 Stretch & Relax Sarah Jane	7.00-07.45 2 Spin Andy B	9.30-10.30 1 Zumba Rebecca	7.00-07.45 2 Spin Mike	9.30-10.15 1 Pump Fx Karen Watts	9.30-10.30 2 Pilates Sarah Jane	9.30-10.15 2 Spin Lisa
	9.30-10.15 1 Sculpt Adele	9.45-10.30 1 LBT Kim		9.30-10.15 1 Circuits Adele	9.30-10.30 2 Pilates Anne Michelle		
		10.30-11.30 1 Line Dancing Jan					
DAYTIME 10am till 5pm	10.30-11.30 1 Zumba Zoey R	10.30-11.15 Pool Aqua Kim	10.30-11.15 1 LBT Adele	10.15-11.15 1 Zumba Beki Luby	10.30-11.15 2 Spin Karen	9.30-10.30 1 Step Adele	10.15-11.00 2 Body Combat Lisa
		10.30-11.15 2 Spin Victoria	11.15-12.00 Pool Aqua Adele	10.15-11.00 Pool Aqua Adele	10.30-11.15 1 Dance-Mix Anne Michelle	10.30-11.15 2 Spin Rita	11.00-12.00 1 Pump FX Lisa
						10.30-11.15 1 LBT Adele	11.00-11.45 Pool Aqua Kristen
						11.15-12.15 1 Zumba Rebecca	
EVENING 5pm till 10pm	17.30-18.30 1 Pump Fx Anne Michelle	17.30-18.15 2 Spin Rita	17.30-18.15 1 LBT Adele	17.30-18.15 2 Fitness Yoga Tracy			
	18.00-18.45 2 Spin Rita	17.30-18.15 1 Aerobics Barry	17.45-18.30 2 Spin Andy B	17.30-18.30 1 Body Combat Barry			
	18.30-19.30 1 Step Anne Michelle	18.15-18.30 1 Ab Blast Barry	18.15-19.00 1 Step Adele	18.30-19.30 1 Pump Fx Barry			
	19.00-20.00 ki Pilates Sarah Jane	18.30-19.30 1 Pump Fx Barry	19.00-19.45 2 Aqua Adele	18.30-19.15 2 Spin Rita			
	19.30-20.15 1 Body Combat Anne Michelle	18.30-19.30 2 Yoga Claire Carpenter	19.00-20.00 1 Zumba Rebecca				
		18.30-19.15 Pool Aqua Kristen					



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.