

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5.45am		2 SPIN 30		1 META FIT 30			
6.00am	1 LES MILLS BODYPUMP 45		1 CIRCUIT 45		1 LES MILLS BODYPUMP 45 6 SUNRISE YOGA		
6.30am		3 COR30		3 COR30			
7.00am			2 SPIN 30 7 ZEN CHAIR YOGA	2 SPIN 30			
7.45am					1 META FIT 30		
8.00am	1 BOOMERS	1 LES MILLS BODYPUMP	1 BOOMERS	1 LES MILLS BODYPUMP	1 BOOMERS		
8.15am	5 AQUA	5 AQUA 9 SENIOR CIRCUIT 45	5 AQUA	5 AQUA 8 SENIOR CIRCUIT 45	5 AQUA	5 AQUA 2 SPIN 45	
8.30am						7 ZEN YOGA 1 LES MILLS BODYPUMP 30 3 CIRCUIT 45	
8.45am	2 SPIN 30						
9.00am	3 SWOT BOX	7 HATHA YOGA	3 SWOT BOX	7 ZEN CHAIR YOGA	7 ZEN YOGA 3 SWOT BOX		1 LES MILLS BODYBALANCE
9.15am	5 AQUA 1 LES MILLS BODYSTEP 1 LES MILLS BODYPUMP	5 AQUA MAX 1 LES MILLS BODYATTACK 1 LES MILLS BODYPUMP 2 SPIN 30	5 AQUA 1 LES MILLS BODYSTEP	5 AQUA MAX 1 LES MILLS BODYATTACK	5 AQUA 1 LES MILLS BODYSTEP 1 LES MILLS BODYPUMP 2 SPIN 30	2 BOOTY WORKOUT 30 1 LES MILLS BODYSTEP 45	
9.30am	2 SPIN 30		2 SPIN 30	2 SPIN 30			
10.00am						7 YOGA ROLL OUT	
10.15am		2 BOOTY WORKOUT 45		2 ABT 30			
10.25am	1 LES MILLS BODYBALANCE 2 ABT 30	1  ZUMBA	1 LES MILLS BODYBALANCE	1  ZUMBA	7 ZEN YOGA		
11.30am	1 TAI CHI FLOW	1 HEART FIT	1 TAI CHI FLOW	1 HEART FIT			
3.30pm			3 JUNIOR POWERFIT				
4.15pm			3 STUDENT POWERFIT				
5.00pm	3 STRENGTH & CONDITIONING	2 TONE IT UP	1 HIIT CIRCUIT 30	2 YOGA ROLL OUT			
5.30pm	1 LES MILLS BODYPUMP	2 SPIN 30 1 LES MILLS BODYSTEP	2 SPIN 30	1  ZUMBA			
6.00pm	7 ZEN YOGA	7 RESTORATIVE YOGA 3 SWOT BOX	2 BOOTY WORKOUT 30	2 YOGA			
6.15pm	5 AQUA		5 AQUA 7 YOGA				
6.30pm		1 LES MILLS BODYBALANCE					

Class Locations

1. Studio 1
2. Studio 2
3. Outdoor Gym
4. Gym
5. Pools
6. Yoga Studio
7. Swim Club Rooms
8. Stadium Court 1
9. Show Court 1