

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5.45am		2 <b>SPIN</b> 30		1 <b>META</b> FIT 30			
6.00am	1 <b>LES MILLS</b> <b>BODYPUMP</b> 45		1 <b>CIRCUIT</b> 45		1 <b>LES MILLS</b> <b>BODYPUMP</b> 45 6 <b>SUNRISE</b> <b>YOGA</b>		
6.30am		3 <b>COR30</b>		3 <b>COR30</b>			
7.00am			2 <b>SPIN</b> 30 7 <b>ZEN CHAIR</b> <b>YOGA</b>	2 <b>SPIN</b> 30			
7.45am					1 <b>META</b> FIT 30		
8.00am	1 <b>BOOMERS</b>	1 <b>LES MILLS</b> <b>BODYPUMP</b>	1 <b>BOOMERS</b>	1 <b>LES MILLS</b> <b>BODYPUMP</b>	1 <b>BOOMERS</b>	2 <b>SPIN</b> 45	
8.15am	5 <b>AQUA</b>	5 <b>AQUA</b> 9 <b>SENIOR</b> <b>CIRCUIT</b> 45	5 <b>AQUA</b>	5 <b>AQUA ZUMBA</b> 8 <b>SENIOR</b> <b>CIRCUIT</b> 45	5 <b>AQUA</b>	5 <b>AQUA</b>	
8.30am						<b>ZEN</b> 7 <b>YOGA</b> 1 <b>LES MILLS</b> <b>BODYPUMP</b> 30 3 <b>CIRCUIT</b> 45	
8.45am	2 <b>SPIN</b> 30						
9.00am	3 <b>SWOT BOX</b>	7 <b>HATHA</b> <b>YOGA</b>	3 <b>SWOT BOX</b>	7 <b>ZEN CHAIR</b> <b>YOGA</b>	<b>ZEN</b> 7 <b>YOGA</b> 3 <b>SWOT BOX</b>		1 <b>LES MILLS</b> <b>BODYBALANCE</b>
9.15am	5 <b>AQUA</b> 1 <b>LES MILLS</b> <b>BODYSTEP</b> 1 <b>LES MILLS</b> <b>BODYPUMP</b>	5 <b>AQUA MAX</b> 1 <b>META</b> FIT 30 1 <b>LES MILLS</b> <b>BODYPUMP</b> 2 <b>SPIN</b> 30	5 <b>AQUA</b> 1 <b>LES MILLS</b> <b>BODYSTEP</b>	5 <b>AQUA MAX</b> 1 <b>LES MILLS</b> <b>BODYATTACK</b>	5 <b>AQUA ZUMBA</b> 1 <b>LES MILLS</b> <b>BODYSTEP</b> 1 <b>LES MILLS</b> <b>BODYPUMP</b> 2 <b>SPIN</b> 30	2 <b>BOOTY</b> <b>WORKOUT</b> 30 1 <b>LES MILLS</b> <b>BODYSTEP</b> 45	
9.30am	2 <b>SPIN</b> 30		2 <b>SPIN</b> 30	2 <b>SPIN</b> 30			
10.00am						7 <b>ROLL OUT</b> <b>MASSAGE</b>	
10.15am		2 <b>BOOTY</b> <b>WORKOUT</b> 45		2 <b>ABT</b> 30			
10.25am	1 <b>LES MILLS</b> <b>BODYBALANCE</b> 2 <b>ABT</b> 30	1 <b>ZUMBA</b>	1 <b>LES MILLS</b> <b>BODYBALANCE</b>	1 <b>ZUMBA</b>	1 <b>Stretch &amp; Core</b> 7 <b>ZEN</b> <b>YOGA</b>		
11.30am	1 <b>TAI CHI</b> <b>FLOW</b>	1 <b>HEART</b> <b>FIT</b>	1 <b>TAI CHI</b> <b>FLOW</b>	1 <b>HEART</b> <b>FIT</b>			
3.30pm			3 <b>JUNIOR</b> <b>POWERFIT</b>				
4.15pm			3 <b>STUDENT</b> <b>POWERFIT</b>				
5.00pm	3 <b>STRENGTH &amp;</b> <b>CONDITIONING</b>	2 <b>TONE</b> <b>IT UP</b>	1 <b>HIIT</b> <b>CIRCUIT</b> 30	2 <b>ROLL OUT</b> <b>MASSAGE</b>			
5.30pm	1 <b>LES MILLS</b> <b>BODYPUMP</b>	2 <b>SPIN</b> 30 1 <b>LES MILLS</b> <b>BODYSTEP</b>	2 <b>SPIN</b> 30	1 <b>ZUMBA</b>			
6.00pm	7 <b>ZEN</b> <b>YOGA</b> 10 <b>AQUA</b>	7 <b>RESTORATIVE</b> <b>YOGA</b>	1 <b>SHINE</b> dance 2 <b>BOOTY</b> <b>WORKOUT</b> 30 7 <b>YOGA</b> 10 <b>AQUA</b>	2 <b>YOGA</b>			
6.30pm		1 <b>LES MILLS</b> <b>BODYBALANCE</b>					

## Class Locations

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|-------------|----------------|------------------|--------------------|---------------------|
| 1. Studio 1 | 3. Outdoor Gym | 5. Outdoor Pools | 7. Swim Club Rooms | 9. Show Court 1     |
| 2. Studio 2 | 4. Gym         | 6. Yoga Studio   | 8. Stadium Court 1 | 10. Indoor 25m pool |