

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am		2 <b>SPIN</b> 30		1 <b>CIRCUIT</b> 30			
6.00am	1 <b>LES MILLS BODYPUMP</b> 45		1 <b>CIRCUIT</b> 45		1 <b>LES MILLS BODYPUMP</b> 45		
6.30am		3 <b>COR30</b>		2 <b>SPIN</b> 30 3 <b>COR30</b>	2 <b>SPIN</b> 30		
7.00am	1 <b>CIRCUIT</b> 45		2 <b>SPIN</b> 30				
7.45am						1 <b>metafit</b>	
8.00am	1 <b>BOOMERS</b>	1 <b>LES MILLS BODYPUMP</b> 60	1 <b>BOOMERS</b>	1 <b>LES MILLS BODYPUMP</b> 60	1 <b>BOOMERS</b>	2 <b>SPIN</b> 45	
8.15am		9 <b>SENIOR CIRCUIT</b> 45		10 <b>SENIOR CIRCUIT</b> 45			
8.30am						1 <b>LES MILLS BODYPUMP</b> 30 3 <b>CIRCUIT</b> 45	
8.45am	2 <b>SPIN</b> 30						
9.00am	3 <b>SWOT BOX</b>		3 <b>SWOT BOX</b>		3 <b>SWOT BOX</b>		1 <b>LES MILLS BODYBALANCE</b>
9.15am	1 <b>LES MILLS BODYSTEP</b> 30	1 <b>LES MILLS 30 BODYATTACK</b> 2 <b>SPIN</b> 30	1 <b>LES MILLS BODYSTEP</b> 60	1 <b>LES MILLS 60 BODYATTACK</b>	1 <b>LES MILLS BODYSTEP</b> 30 2 <b>SPIN</b> 30	1 <b>LES MILLS BODYSTEP</b> 45	
9.30am	2 <b>SPIN</b> 30		2 <b>SPIN</b> 30	2 <b>SPIN</b> 30			
9.45am	1 <b>LES MILLS BODYPUMP</b> 30	1 <b>LES MILLS BODYPUMP</b> 30			1 <b>LES MILLS BODYPUMP</b> 45		
10.15am				2 <b>ABT</b> 30			
10.25am	1 <b>LES MILLS BODYBALANCE</b> 2 <b>ABT</b> 30	1 <b>DanceFit</b>	1 <b>LES MILLS BODYBALANCE</b>	1 <b>DanceFit</b>			
10.30am					1 <b>Stretch&amp;Core</b>		
11.30am		1 <b>BOOMERS</b>	1 <b>TAI CHI FLOW</b>	1 <b>BOOMERS</b>			
1.00pm							
3.30pm			3 <b>JUNIOR POWERFIT</b>				
4.15pm			3 <b>STUDENT POWERFIT</b>				
5.00pm	3 <b>STRENGTH &amp; CONDITIONING</b>	2 <b>TONE IT UP</b>	1 <b>HIIT CIRCUIT</b> 30	1 <b>LES MILLS BODYPUMP</b> 45			
5.15pm		1 <b>LES MILLS BODYSTEP</b> 45					
5.30pm	1 <b>LES MILLS BODYPUMP</b> 60	2 <b>SPIN</b> 30	2 <b>SPIN</b> 30				
6.00pm		1 <b>LES MILLS BODYBALANCE</b>	1 <b>SHINE DANCE</b>	1 <b>UPLIFT</b> STRENGTH FITNESS			

Class Locations: 2. Studio 2      4. Creche      6. Outdoor 50m - Shallow      8. Club Rooms      10. Stadium Court 1  
 1. Studio 1      3. Outdoor Gym      5. Indoor Pool      7. Outdoor 50m - deep      9. Show Court 1      11. Squash Court 3

## YOGA AND PILATES TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00am					4 <b>SUNRISE YOGA</b>	
7.00am			1 <b>Pilates</b> 45 8 <b>ZEN CHAIR YOGA</b>	8 <b>ZEN CHAIR YOGA</b>		
7.15am				2 <b>Pilates</b> 45		
7.30am						11 <b>Yogilates</b> 45
8.30am						8 <b>YIN YOGA</b>
9.00am		8 <b>HATHA YOGA</b>	8 <b>YOGA FLOW</b>		8 <b>ZEN YOGA</b>	
9.15am		11 <b>Pilates</b> 45		11 <b>Pilates</b> 45	11 <b>Pilates</b> 45	2 <b>Pilates BANDS</b> 45
9.45am						8 <b>ROLLOUT MASSAGE</b>
10.00am	11 <b>Pilates</b> 45			8 <b>ZEN CHAIR YOGA</b>		
10.15am		2 <b>Pilates BANDS</b> 45	11 <b>Pilates</b> 45			
10.25am					8 <b>ZEN YOGA</b>	
11.30am	1 <b>CHAIR Pilates</b> 45				1 <b>CHAIR Pilates</b> 45	
1.00pm			8 <b>RESTORATIVE YOGA</b>		8 <b>RESTORATIVE YOGA</b>	
4.15pm	8 <b>VINYASA YOGA</b>	8 <b>RESTORATIVE YOGA</b>				
5.00pm			11 <b>Pilates</b> 45	2 <b>ROLLOUT MASSAGE</b>		
5.15pm	2 <b>Pilates</b> 45				1 <b>YOGA FLOW</b>	
6.00pm	8 <b>ZEN YOGA</b>	8 <b>RESTORATIVE YOGA</b>	2 <b>Pilates BANDS</b> 45 8 <b>YOGA</b>	2 <b>YOGA FLOW</b>		