

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 - 07:00 HIIT Gym Team	06:30 - 07:15 The Trip (Virtual) No Instructor	06:30 - 07:15 Spin Jodi	06:30 - 07:15 Body Pump Emma	06:30 - 07:15 HIIT Bev	08:15 - 09:00 Spin Amy	08:15 - 09:15 Body Balance Emma
06:30 - 07:15 The Trip (Virtual) No Instructor	06:30 - 07:30 Body Pump Liam	09:30 - 10:30 Body Pump Bev	08:00 - 09:00 Total Conditioning Bev	09:30 - 10:15 The Trip Jennifer	08:15 - 09:10 Body Combat Lauren	08:45 - 09:15 Spin Nadia
08:00 - 09:00 Total Conditioning Bev	09:25 - 10:25 Total Conditioning Bev	09:30 - 10:30 Aqua Darin	09:30 - 10:15 The Trip Jennifer	09:30 - 10:30 Aqua Lucy	09:15 - 10:15 Sh'Bam Amy	09:30 - 10:15 The Trip (Virtual) No Instructor
09:30 - 10:30 Body Pump Liam	09:30 - 10:15 Circuits Jennifer	10:30 - 11:30 Body Balance Grace	09:30 - 10:25 Body Combat Bev	09:30 - 10:30 Body Pump Bev	10:30 - 11:30 Yoga Emma	09:30 - 10:30 Body Pump Bobbi
09:30 - 10:15 Spin Antony	10:15 - 10:30 Stretch Jennifer	10:35 - 11:35 Dance Bev	10:35 - 11:35 Step & Tone Bev	10:20 - 10:35 Core Blast Jennifer	10:30 - 11:15 Body Attack Amy	09:30 - 10:30 Aqua Nadia
09:30 - 10:30 Aqua Lucy	10:30 - 11:30 Body Balance Karen	11:35 - 12:35 Pilates Grace	10:30 - 11:30 Tai Chi - Beginners Andrew	10:35 - 11:35 Over 50s Dance Bev	11:30 - 12:15 The Trip (Virtual) No Instructor	10:45 - 11:15 GymBall Dan
10:45 - 11:30 Over 50s Aerobics Loretta	10:35 - 11:35 Aqua Bev	17:45 - 18:30 Spin Darin	11:30 - 12:30 Tai Chi - Advanced Andrew	10:45 - 11:45 Aqua Lucy		
13:00 - 13:45 Stretch and Flex Gym Team	10:45 - 12:15 Tai Chi Andrew	18:00 - 19:00 Body Balance Karen	13:00 - 13:45 Core and Stretch Jennifer	11:00 - 11:45 Ladies Lifting Club Tegan		
17:15 - 18:00 The Trip (Virtual) No Instructor	17:00 - 17:45 Trigger Point Pilates Gina	18:25 - 19:10 Body Pump Amy	18:15 - 19:00 The Trip (Virtual) No Instructor	11:00 - 11:45 Yoga Stretch Emma		
17:30 - 18:30 Body Pump Emma	17:45 - 18:30 Spin Antony	19:00 - 19:45 The Trip (Virtual) No Instructor	18:30 - 19:00 Core Blast Dan	14:00 - 14:45 The Trip (Virtual) No Instructor		
18:30 - 19:15 Spin Darin	17:45 - 18:45 Body Combat Bev	19:15 - 20:00 Body Attack Amy	19:00 - 19:45 Body Balance Karen	17:30 - 18:30 Body Pump Bobbi		
19:15 - 20:00 Hatha Yoga Emma	18:00 - 18:45 Trigger Point Pilates Gina		19:15 - 20:00 Aqua Nadia			
19:30 - 20:30 Zumba Georgina	19:00 - 19:45 Aqua Nadia		19:30 - 20:30 Zumba Georgina			
20:00 - 20:45 The Trip (Virtual) No Instructor	19:00 - 20:00 Cardio Dance Gina					
	19:00 - 19:45 Ladies Lifting Club Tegan					



- Immersive Studio
- Energy Studio
- Wellness Studio
- Swimming Pool
- Gym Floor