

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 - 07:00 HIIT Bev	06:30 - 07:15 The Trip (Virtual) No Instructor	06:30 - 07:15 The Trip (Virtual) No Instructor	06:30 - 07:15 Body Pump Emma	06:30 - 07:15 HIIT Bev	08:15 - 09:10 Body Combat Megan	08:15 - 09:15 Body Balance Kathryn/ Lauren
06:30 - 07:15 The Trip (Virtual) No Instructor	06:30 - 07:30 Body Pump Jodi	09:30 - 10:30 Body Pump Bev	06:30 - 07:15 The Trip (Virtual) No Instructor	06:30 - 07:15 The Trip (Virtual) No Instructor	08:25 - 09:10 Spin Amy	08:45 - 09:15 Sprint (Virtual) No Instructor
08:00 - 09:00 Core and Conditioning Bev	09:00 - 10:00 Total Conditioning Bev	09:30 - 10:30 Aqua Charley	09:00 - 09:00 Total Conditioning Bev	08:00 - 09:00 Core and Conditioning Bev	09:15 - 10:15 Sh'Bam Amy	09:30 - 10:15 The Trip (Virtual) No Instructor
09:30 - 10:15 Spin (Virtual) No Instructor	09:30 - 10:15 Cra-i-ze Circuits Lee	10:30 - 11:30 Body Balance Emma	09:30 - 10:15 The Trip (Virtual) No Instructor	09:30 - 10:15 The Trip (Virtual) No Instructor	10:20 - 11:20 Sh'Bam Amy	09:30 - 10:30 Body Pump
09:30 - 10:15 Cra-i-ze Lee	09:30 - 10:30 Aqua Lucy	10:35 - 11:35 Dance Bev	09:30 - 10:15 Cra-i-ze Lee	09:30 - 10:30 Aqua Lucy	10:30 - 11:30 Body Balance Lauren	09:30 - 10:30 Aqua Nadia
09:30 - 10:30 Body Pump Bev	10:15 - 10:45 Resolve Stretch Lee	11:35 - 12:35 Trigger Point Pilates Gina	09:30 - 10:30 Step and Tone Bev	09:30 - 10:30 Body Pump Bev	11:30 - 12:15 The Trip (Virtual) No Instructor	10:45 - 11:15 GymBall Gym Team
09:30 - 10:30 Aqua Lucy	10:30 - 11:30 Body Balance Karen	17:15 - 18:00 Sh'Bam Amy	10:40 - 11:40 Tai Chi Beginners Andrew	10:20 - 10:50 Core Cra-i-ze Lee		
10:45 - 11:30 Over 50s Aerobics Bev	10:45 - 11:45 Aqua Bev	18:30 - 19:15 Spin Darin	11:45 - 12:45 Tai Chi Advanced Andrew	10:45 - 11:45 Aqua Lucy		
10:45 - 11:30 Resolve Lee	10:45 - 12:15 Tai Chi Andrew	18:00 - 19:00 Body Balance Karen	13:00 - 13:45 Resolve Lee	11:00 - 11:45 Ladies Circuit Club Lee		
13:00 - 13:45 Resolve Lee	17:00 - 17:45 Trigger Point Pilates Gina	18:10 - 18:55 Body Pump Amy	18:00 - 18:45 Yoga Emma	11:00 - 11:45 Body Balance Karen		
17:15 - 18:00 The Trip (Virtual) No Instructor	17:45 - 18:30 Spin (Virtual) No Instructor	19:30 - 20:15 The Trip (Virtual) No Instructor	18:15 - 19:00 The Trip (Virtual) No Instructor	14:00 - 14:45 The Trip (Virtual) No Instructor		
17:30 - 18:15 Core Cra-i-ze Lee	17:45 - 18:45 Body Combat Jodi	19:00 - 19:45 Body Attack Amy	18:45 - 19:15 Core Blast Gym Team	17:30 - 18:30 Strength Development Lauren		
17:30 - 18:30 Body Pump Emma	18:00 - 18:45 Trigger Point Pilates Gina		19:10 - 19:55 Body Balance Karen			
18:30 - 19:15 Spin Darin	19:15 - 20:00 Aqua Callum		19:15 - 20:00 Aqua Nadia			
18:35-19:20 Hatha Yoga Emma	19:00 - 19:45 Ladies Lifting Club Gym Team		19:30 - 20:30 Zumba Georgie			
19:30 - 20:30 Zumba Georgie	19:00 - 20:00 Cardio Dance Gina					
20:00 - 20:45 The Trip (Virtual) No Instructor						



	ENERGY STUDIO
	WELLNESS STUDIO
	IMMERSIVE STUDIO
	SWIMMING POOL
	GYM FLOOR