

Monday

		Location
9.15am-10am	Aqua Aerobics	Main Pool
9.30am-10.15am	Zumba	Studio
10am-10.45am	Aqua Aerobics	Main Pool
10.30am-11.15am	Legs, Bums and Tums	Studio
11.30am-12.30pm	Yoga	Studio
12.30pm-1.15pm	Indoor Cycling	Indoor Cycling Studio
5.15pm-6pm	BodyCombat	Studio
5.30pm-6.15pm	Boot Camp	Sports Hall
6.15pm-7pm	BodyTone	Studio
6.30pm-7.15pm	Rebound	Sports Hall
7.15pm-8pm	Aqua Aerobics	Main Pool
7.15pm-8pm	Indoor Cycling	Indoor Cycling Studio
7.30pm-8.15pm	Pilates	Studio

Tuesday

		Location
6.45am-7.30am	Indoor Cycling	Indoor Cycling Studio
9.30am-10.15am	BodyBalance	Studio
10.30am-11.15am	Zumba	Studio
11.30am-12.15pm	Kettlebells	Studio
12.30pm-1.15pm	Indoor Cycling	Indoor Cycling Studio
5.15pm-6pm	Indoor Cycling	Indoor Cycling Studio
5.15pm-6pm	P90	Studio
6.15pm-7pm	BodyCombat	Studio
6.15pm-7pm	Indoor Cycling	Indoor Cycling Studio
7.15pm-8pm	Aqua Aerobics	Learner Pool
7.15pm-8.45pm	Yoga	Studio
8pm -8.45pm	Aqua Jog	Main Pool

Wednesday

		Location
9.15am-10am	BodyTone	Studio
10.30am-11.15am	Indoor Cycling	Indoor Cycling Studio
11.30am-12.15pm	Deep Water Aerobics	Main Pool
12.30pm-1.15pm	Pilates	Studio
5.15pm-6pm	Body Pump	Studio
6.15pm-7pm	BodyTone	Studio
6.15pm-7pm	Indoor Cycling	Indoor Cycling Studio
7.15pm-8pm	Indoor Cycling	Indoor Cycling Studio
7.15pm-8pm	HIIT	Studio

Thursday

		Location
6.45am-7.30am	Indoor Cycling	Indoor Cycling Studio
9.30am-10.15am	Rebound	Sports Hall
9.30am-10.15am	Zumba	Studio
10.30am-11.15am	Yoga	Studio
11.30am-12.30pm	Tai Chi	Studio
5.15pm-6pm	Legs, Bums & Tums	Studio
5.30pm-6.15pm	Rebound	Sports Hall
6.15pm-7pm	Triple C	Studio
6.30pm-7.15pm	Circuit	Sports Hall
7.15pm-8pm	Indoor Cycling	Indoor Cycling Studio
7.15pm-8.15pm	Yoga	Studio
8pm-8.45pm	Aqua Jog	Main Pool

Friday

		Location
8.45am-9.45am	Yoga	Studio
9.30am-10.15am	Aqua Aerobics	Main Pool
10.15am-11am	Aqua Aerobics	Main Pool
10.30am-11.15am	Indoor Cycling	Indoor Cycling Studio
11.30am-12.15pm	Zumba	Studio
12.30pm-1.15pm	Pilates	Studio
5.15pm-6.15pm	Yoga	Studio
6.15pm-7pm	Indoor Cycling	Indoor Cycling Studio
6.30pm-7.15pm	HIIT	Studio

Saturday

		Location
9am-9.45am	BodyCombat	Studio
10am-10.45am	Aerobics	Studio
11am-11.45am	Body Sculpt	Studio
12pm-12.45pm	Indoor Cycling	Indoor Cycling Studio

Sunday

		Location
9am-9.45am	BodyTone	Studio
10am-10.45am	Indoor Cycling	Indoor Cycling Studio
11am-11.45am	P90	Studio

Key



Dance



Cardiovascular



Holistic



Conditioning



Water Based