

Monday

		Location
9.30am - 10.15am	LBT	Studio
10.30am - 11.15am	Step	Studio
11.30am - 12.15pm	Zumba	Studio
12.30pm - 1.15pm	Pilates	Studio
1.30pm - 2.15pm	Indoor Cycling	Studio
5.15pm - 6pm	Cardio Conditioning	Studio
6pm - 6.45pm	RXT	Sports Hall
6.15pm - 7pm	Indoor Cycling	Studio
7.15pm - 8pm	Indoor Cycling	Studio
8.15pm - 9.15pm	Yoga	Studio

Tuesday

		Location
6.30am - 7.15am	Indoor Cycling	Studio
8.30am - 9.15am	Aqua Aerobics	Pool Side
9am - 9.45am	Body Tone	Studio
10am - 10.45am	Pilates	Studio
11am - 11.45am	Tai Chi	Studio
12.15pm - 1pm	Indoor Cycling	Studio
1.15pm - 2pm	Zumba	Studio
5.15pm - 6pm	Body Conditioning	Studio
6.15pm - 7pm	High Intensity Training	Sports Hall
6.15pm - 7pm	Indoor Cycling	Studio
7.15pm - 8pm	Ab Attack	Studio
7.15pm - 8pm	Rebound	Sports Hall
7.15pm - 8pm	Aqua Aerobics	Pool Side
8.30pm - 9.15pm	Pilates	Studio

Wednesday

		Location
9am - 9.45am	LBT	Studio
9.15am - 10am	Aqua Aerobics	Pool Side
10am - 10.45am	Salsacise	Studio
10am - 10.45am	Aqua Aerobics	Pool Side
11am - 11.45am	Strong By Zumba™	Studio
12noon - 12.45pm	Indoor Cycling	Studio
1pm - 2pm	Yoga	Studio
5.15pm - 6pm	Indoor Cycling	Studio
5.30pm - 6.15pm	Boot Camp	Sports Hall
6.15pm - 7pm	Aqua Aerobics	Pool Side
6.30pm - 7.15pm	Indoor Cycling	Studio
7.30pm - 8.15pm	Body Combat™	Studio
8.30pm - 9.15pm	Body Pump™	Studio

Thursday

		Location
9.15am - 10am	LBT	Studio
10.15am - 11am	Body Combat™	Studio
11.15am - 12noon	Body Pump™	Studio
12.30pm - 1.15pm	Indoor Cycling	Studio
2pm - 2.45pm	Pilates	Studio
5.30pm - 6.15pm	LBT	Studio
6.30pm - 7.15pm	Zumba	Studio
7.30pm - 8.15pm	Indoor Cycling	Studio
8.30pm - 9.30pm	Yoga	Studio

Friday

		Location
6.30am - 7.15am	Indoor Cycling	Studio
9.15am - 10am	Indoor Cycling	Studio
10am - 10.45am	Aqua Aerobics	Pool Side
10.15am - 11am	Aerobics	Studio
10.45am - 11.30am	Aqua Aerobics	Pool Side
11.15am - 12noon	Ab Attack	Studio
12.15pm - 1pm	Rebound	Sports Hall
1.30pm - 2.15pm	Indoor Cycling	Studio
5.15pm - 6pm	Pilates	Studio
6.15pm - 7pm	Indoor Cycling	Studio






Saturday

		Location
9.00am - 9.45am	Rebound	Sports Hall
9.30am - 10.15am	Circuit Training	Studio
10.30am - 11.15am	Zumba	Studio
11.30am - 12.15pm	Indoor Cycling	Studio

Sunday

		Location
10.30am - 11.15am	Indoor Cycling	Studio
11.30am - 12.15pm	Aerobics	Studio
12.30pm - 1.15pm	LBT	Studio

Key

	Dance		Holistic
	Cardiovascular		Water Based
	Conditioning		