

Monday

		Location
9.30am - 10.15am	LBT	Studio
11am - 12.00pm	Gentle Exercise	Sports Hall
12.30pm - 1.15pm	Pilates	Studio
1.30pm - 2.15pm	Indoor Cycling	Studio
2.30pm - 3.30pm	Balance Ball	Studio
5.15pm - 6.00pm	Cardio Conditioning	Studio
6pm - 6.45pm	RXT	Sports Hall
6.15pm - 7.00pm	Dance Aerobics	Studio
7.15pm - 8.00pm	Indoor Cycling	Studio
8.15pm - 9.15pm	Yoga	Studio

Thursday

		Location
9.15am - 10.00am	LBT	Studio
10.15am - 11.00am	Body Combat™	Studio
12.30pm - 1.15pm	Indoor Cycling	Studio
2.00pm - 2.45pm	Pilates	Studio
3.00pm - 4.00pm	Balance Ball	Studio
3.00pm - 4.00pm	Functional Fitness	Sports Hall
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

Tuesday

		Location
6.30am - 7.15am	Indoor Cycling	Studio
8.30am - 9.15am	Aqua Aerobics	Pool Side
9.00am - 9.45am	Body Tone	Studio
10.00am - 10.45am	Pilates	Studio
11.00am - 11.45am	Tai Chi	Studio
1.15pm - 2.00pm	Zumba	Studio
2.30pm - 3.30pm	Functional Fitness	Studio
5.15pm - 6.00pm	Body Conditioning	Studio
6.15pm - 7.00pm	High Intensity Training	Sports Hall
6.15pm - 7.00pm	Indoor Cycling	Studio
7.15pm - 8.00pm	Ab Attack	Studio
7.15pm - 8.00pm	Rebound	Sports Hall
7.15pm - 8.00pm	Aqua Aerobics	Pool Side
8.30pm - 9.15pm	Pilates	Studio

Friday

		Location
6.30am - 7.15am	Indoor Cycling	Studio
9.15am - 10.00am	Indoor Cycling	Studio
10.00am - 10.45am	Aqua Aerobics	Pool Side
10.45am - 11.30am	Aqua Aerobics	Pool Side
11.00am - 12.00pm	Gentle Exercise	Sports Hall
11.15am - 12.00pm	Ab Attack	Studio
12.15pm - 1.00pm	Rebound	Sports Hall
2.00pm - 3.00pm	Functional Fitness	Sports Hall
5.15pm - 6.00pm	Pilates	Studio
6.15pm - 7.00pm	Indoor Cycling	Studio

Saturday

		Location
9.30am - 10.15am	Circuit Training	Studio
10.30am - 11.15am	Zumba	Studio
11.30am - 12.15pm	Indoor Cycling	Studio







Wednesday

		Location
9.00am - 9.45am	LBT	Studio
9.15am - 10.00am	Aqua Aerobics	Pool Side
10am - 10.45am	Salsacise	Studio
10am - 10.45am	Aqua Aerobics	Pool Side
11.00am - 11.45am	BodyTone	Studio
12.00pm - 12.45pm	Indoor Cycling	Studio
1.00pm - 2.00pm	Yoga	Studio
2.30pm - 3.30pm	Gentle Exercise	Studio
5.15pm - 6.00pm	Indoor Cycling	Studio
5.30pm - 6.15pm	Boot Camp	Sports Hall
6.15pm - 7.00pm	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

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	 Active Living