

From 1 January 2019

## Monday

|                   |   |              |
|-------------------|---|--------------|
| 9.30am – 10.15am  | Salsasize                                       | Dance Studio |
| 10.30am – 11.15am | Legs, Bums & Tums                               | Dance Studio |
| 11.30am – 12.15pm | Pilates   | Dance Studio |
| 12.30pm – 1.30pm  | Yoga  | Dance Studio |
| 4.30pm – 5pm      | Abs Blast                                       | Gym Floor    |
| 5.15pm – 6pm      | Yoga  | Dance Studio |
| 6.15pm – 7pm      | Legs, Bums & Tums                               | Dance Studio |
| 7.15pm – 8pm      | BodyCombat™ <small>LES MILLS BODYCOMBAT</small> | Dance Studio |
| 7.15pm – 8pm      | Bootcamp  | Sports Hall  |
| 8.15pm – 9pm      | Kettlebells                                     | Dance Studio |

## Tuesday

|                   |   |              |
|-------------------|---|--------------|
| 9.30am – 10.15am  | Zumba   | Dance Studio |
| 10.30am – 11.15am | BodyPump™ <small>LES MILLS BODYPUMP</small>     | Dance Studio |
| 11.00am – 12.00pm | Gentle Exercise                                 | Dance Studio |
| 11.30am – 12.15pm | Pilates   | Dance Studio |
| 12.30am – 1.15pm  | Fitball   | Dance Studio |
| 5.15pm – 6pm      | BodyPump™ <small>LES MILLS BODYPUMP</small>     | Dance Studio |
| 6.15pm – 7pm      | BodyCombat™ <small>LES MILLS BODYCOMBAT</small> | Dance Studio |
| 7.15pm – 8pm      | Step  | Dance Studio |
| 7.30pm – 8.15pm   | Aqua Aerobics                                   | Pool         |

## Wednesday

|                   |   |              |
|-------------------|---|--------------|
| 7.00am – 7.30am   | Synergy Circuit                                 | Gym Floor    |
| 9.30am – 10.15am  | Zumba   | Dance Studio |
| 10.30am – 11.15am | Pilates   | Dance Studio |
| 11.30am – 12.15pm | BodyTone  | Dance Studio |
| 12.30pm – 1.15pm  | Tai-Chi   | Dance Studio |
| 3pm – 3.45pm      | Aqua Aerobics                                   | Pool         |
| 5.15pm – 6pm      | BodyCombat™ <small>LES MILLS BODYCOMBAT</small> | Dance Studio |
| 6.15pm – 7pm      | Kettlebells                                     | Dance Studio |
| 7pm – 7.30 pm     | Abs Blast                                       | Gym Floor    |
| 7.15pm – 8pm      | Yoga  | Dance Studio |
| 8.15pm – 9pm      | Body Conditioning                               | Dance Studio |

## Thursday

### Key

|   |  |  |  |  |   |
|---|--|--|--|--|---|
| <span style="display:inline-block; width:15px; height:15px; background-color:#f9a825; border:1px solid #ccc;"></span> Dance | <span style="display:inline-block; width:15px; height:15px; background-color:#4caf50; border:1px solid #ccc;"></span> Holistic | <span style="display:inline-block; width:15px; height:15px; background-color:#e91e63; border:1px solid #ccc;"></span> Conditioning | <span style="display:inline-block; width:15px; height:15px; background-color:#9c27b0; border:1px solid #ccc;"></span> Cardiovascular | <span style="display:inline-block; width:15px; height:15px; background-color:#2196f3; border:1px solid #ccc;"></span> Aqua | <span style="display:inline-block; width:15px; height:15px; background-color:#ff9800; border:1px solid #ccc;"></span> Active Living |
|---|--|--|--|--|---|

|                   |   |              |
|-------------------|---|--------------|
| 7.30am – 8.15am   | Pilates   | Dance Studio |
| 8.45am – 9.30am   | Aqua Zumba  | Pool         |
| 9.30am – 10.15am  | Legs, Bums & Tums                                 | Dance Studio |
| 10.30am – 11.15am | BodyBalance™ <small>LES MILLS BODYBALANCE</small> | Dance Studio |
| 10.30am – 11.30am | Gentle Exercise                                   | Dance Studio |
| 11.30am – 12.15pm | Total Abs   | Dance Studio |
| 12.30pm – 2pm     | Yoga  | Dance Studio |
| 5.15pm – 6pm      | Legs, Bums & Tums                                 | Dance Studio |
| 6.15pm – 7pm      | BodyPump™ <small>LES MILLS BODYPUMP</small>       | Dance Studio |
| 7pm – 7.45pm      | Aqua Aerobics                                     | Pool         |
| 7.15pm – 8pm      | Pilates   | Dance Studio |
| 8.15pm – 9pm      | Boxercise   | Dance Studio |

## Friday

|                   |                 |              |
|-------------------|-----------------|--------------|
| 7.00am – 7.30am   | Synergy Circuit | Gym Floor    |
| 8.45am – 9.30am   | Aqua Aerobics   | Pool         |
| 9.15am – 10am     | Zumba           | Dance Studio |
| 10.15am – 11am    | Fitball         | Dance Studio |
| 11.15am – 12.45pm | Yoga            | Dance Studio |
| 1.15pm – 2pm      | Pilates         | Dance Studio |
| 5.15pm – 6pm      | Zumba           | Dance Studio |
| 6.15pm – 7pm      | HIIT            | Dance Studio |

## Saturday

|                   |   |              |
|-------------------|---|--------------|
| 8.30am – 9.15am   | Dance Fitness                                     | Dance Studio |
| 9.30am – 10.15am  | Kettlebells                                       | Dance Studio |
| 10.30am – 11.15am | BodyCombat™ <small>LES MILLS BODYCOMBAT</small>   | Dance Studio |
| 11.30am – 12.15pm | BodyBalance™ <small>LES MILLS BODYBALANCE</small> | Dance Studio |
| 12.30pm – 1.15pm  | BodyPump™ <small>LES MILLS BODYPUMP</small>       | Dance Studio |

## Sunday

|                  |   |              |
|------------------|---|--------------|
| 8.30am – 9.15am  | Pilates   | Dance Studio |
| 9.30am – 10.15am | BodyCombat™ <small>LES MILLS BODYCOMBAT</small> | Dance Studio |
| 12pm – 12.30pm   | Abs Blast                                       | Gym Floor    |

For all Studio Cycling and RPM classes please refer to the Studio One timetable.