

# CLASS PROGRAMME

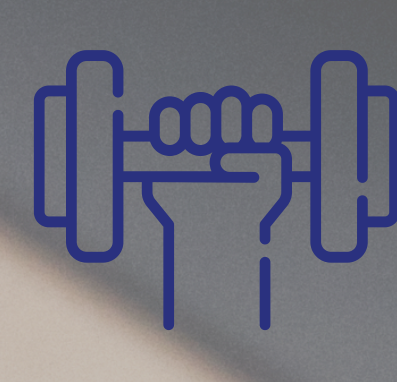
| MONDAY                                 | TUESDAY                                      | WEDNESDAY                             | THURSDAY                               | FRIDAY                                 | SATURDAY                           | SUNDAY                        |
|----------------------------------------|----------------------------------------------|---------------------------------------|----------------------------------------|----------------------------------------|------------------------------------|-------------------------------|
| <b>Indoor Cycling</b><br>09:30 - 10:15 | <b>FitSteps</b><br>08:30 - 09:15             | <b>Aeromix</b><br>09:30 - 10:15       | <b>LBT</b><br>09:30 - 10:20            | <b>Indoor Cycling</b><br>09:00 - 09:45 | <b>BODYPUMP</b><br>09:30 - 10:30   | <b>Zumba</b><br>09:30 - 10:15 |
| <b>DANCE</b><br>09:30 - 10:15          | <b>Indoor Cycling</b><br>09:30 - 10:15       | <b>BODYBALANCE</b><br>10:30 - 11:20   | <b>BODYSTEP</b><br>10:30 - 11:15       | <b>BODYATTACK</b><br>09:30 - 10:30     | <b>BODYCOMBAT</b><br>10:30 - 11:30 |                               |
| <b>BODYPUMP</b><br>10:30 - 11:30       | <b>BODYATTACK</b><br>09:30 - 10:30           | <b>BODYPUMP</b><br>11:25 - 12:10      | <b>Shapes</b><br>11:15 - 12:00         | <b>BODYBALANCE</b><br>10:30 - 11:30    |                                    |                               |
| <b>Core</b><br>11:30 - 12:00           | <b>Pilates</b><br>10:30 - 11:30              |                                       |                                        | <b>Pilates</b><br>11:30 - 12:30        |                                    |                               |
|                                        | <b>Strength Development</b><br>11:30 - 12:15 |                                       |                                        |                                        |                                    |                               |
| <b>Water Fitness</b><br>12:00 - 12:45  |                                              | <b>Water Fitness</b><br>12:25 - 13:10 | <b>Tai Chi</b><br>12:00 - 13:00        | <b>Water Fitness</b><br>12:00 - 12:45  |                                    |                               |
| <b>HIITCIRCUIT</b><br>17:30 - 18:10    | <b>Strength Development</b><br>17:30 - 18:15 | <b>HIITSTEP</b><br>18:00 - 18:30      | <b>BODYATTACK</b><br>17:30 - 18:15     |                                        |                                    |                               |
| <b>BODYCOMBAT</b><br>18:10 - 19:00     | <b>LBT</b><br>18:15 - 19:15                  | <b>BODYBALANCE</b><br>18:30 - 19:25   | <b>BODYPUMP</b><br>18:15 - 19:00       |                                        |                                    |                               |
| <b>Indoor Cycling</b><br>18:15 - 19:00 | <b>Indoor Cycling</b><br>18:15 - 19:00       | <b>SwimFit+</b><br>18:45 - 19:45      | <b>Indoor Cycling</b><br>18:15 - 19:00 |                                        |                                    |                               |
| <b>BODYPUMP</b><br>19:00 - 20:00       |                                              |                                       |                                        |                                        |                                    |                               |

KEY

STUDIO

CYCLING STUDIO

POOL



For Class  
Bookings





For Membership  
Information



 Pregnancy Appropriate Classes