

Studio One Fitness Timetable

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.05 - 10.00	Legs, Tums & Bums	Advanced Aerobic Fat Burner	Bodymax * (9.00 Start)	Step	Legs, Tums & Bums	Bodymax * (9.00 Start)	Step
10.05 – 11.00	Beginners Aerobic Fat Burner	Yoga Body*	Beginners Aerobic Fat Burner	Total Balls Up (10.05-10.45)	Beginners Aerobic Fat Burner	Advanced Aerobic Fat Burner	Cardio Combat
11.05 – 12.00	Magical Musicals	Step	Street Dance	Drums Alive* (11.05-11.45)	Disco Groove	Fitness Yoga	Hot Salsa Fitness
12.05 – 1.00	Ragdale Express (12.05 – 12.30)		Hula Hooping* (12.05-12.30)	Pilates	Hula Hooping* (12.05-12.30)	Intermediate Pilates	
3.05 – 4.00	Hula Hooping* (3.05-3.30)	Flat Stomach (3.05-3.45)	Pilates	Hula Hooping* (3.05-3.30)	Hatha Yoga (3.05-4.30)	Hula Hooping* (3.05-3.30)	Pilates
4.05 – 5.00	Tai-Chi	Pilates	Heaven & Earth Chi Gong	Fitness Yoga			
5.05 – 6.00	Candlelight Stretch	Hot Salsa Fitness	Candlelight Stretch	Magical Musicals	Candlelight Stretch	Pom Pom Workout*	Candlelight Stretch
6.00 – 6.35			Intermediate Hatha Yoga * (6.05 – 7.30)	Intermediate Studio Cycling *			
6.35 – 7.30	Advanced Pilates	Double Decker		Intermediate Bodymax *			

Outdoor Activities

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meet in Gym		Weight-loss Walkout (8.35-9.00)		Weight-loss Walkout (8.35-9.00)		XCO Walk * (10.35-11.00)	
Meet in Gym	XCO Walk * (2.05-2.45)	Country Walk (2.05 – 3.00)	XCO Walk * (2.05-2.45)	Country Walk (2.05-3.00)	Country Walk (2.05-3.00)	Country Walk (2.05-3.00)	Country Walk (2.05-3.00)
Meet in Gym				Boot Camp (11.05 – 12.00)			

- ***Please book these classes in the Gym as spaces are limited.**
- **Trainers must be worn for the majority of classes.**
- **Services and facilities are subject to change or withdrawal without notice.**
- **Please see Fitness Noticeboard for timetable changes and class descriptions.**

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Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.35 - 8.00	Introduction to Tai Chi		Ragdale Express		Introduction to Tai Chi		Wake Up and Stretch
9.05 - 10.00	Studio Cycling*	Core Conditioning*	Studio Cycling*	Core Conditioning*	Fitness Ball *	Ragdale Express (9.05-9.35)	Legs, Bums and Tums
10.05 - 11.00	Pilates on the Ball* (10.05-10.45)	Intermediate Studio Cycling*	Intermediate Pilates	Studio Cycling*	Intermediate Studio Cycling*	Studio Cycling*	Back Care Workshop
11.05 - 12.00	Tai Chi Sword*	Fitness Ball *	Tai Chi Fusion		Tai Chi Broad Sword *	Fitness Ball*	XCO*
12.05 - 12.30			Back Care Workshop	Introduction to Meditation			Introduction to Meditation
2.05 - 2.30	Relax and Unwind (2.05-2.45)	Aromaball (2.05-2.45)	Introduction to Meditation	Pilates on the Ball* (2.05-2.45)	Introduction to Meditation		
4.05 - 4.45	Body Tone	Relax and Unwind	Body Tone	Relax and Unwind		Relax and Unwind	Fitness Ball *
5.05 - 5.45	XCO*	Ragdale Express (5.05-5.35)	Fitness Ball *	Legs, Tums & Bums	Flat Stomach	Body Tone	Flat Stomach
5.45 - 6.30		Studio Cycling *					
6.35 - 7.30			Super Circuits				

Exercise Pool Classes

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.05 - 10.30	Aquatone	Cardio Splash	Aquatone	Cardio Splash	Aqua Dance	Cardio Splash	Aquatone
11.05 - 11.30	Aqua Attack	Aquatone	Cardio Splash	Aquatone	Cardio Splash	Aqua Mitts	Cardio Splash
12.35 - 1.00	Candle Pool Meditation*		Candle Pool Meditation*		Candle Pool Meditation*		
3.05 - 3.30	Aqua Mitts	Aqua Dance	Aqua Mitts	Pilates H ₂ O	Yoqua	Aqua Attack	Aqua Mitts
4.05 - 4.30	Cardio Splash	Pilates H ₂ O	Yoqua	Aqua Mitts	Aquatone	Pilates H ₂ O	Aqua Dance

Please read timetable terms on reverse

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