

Studio One Fitness Timetable

| Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|------------------------------------|-------------------------------|-------------------------------|-----------------------------------|-----------------------------|--------------------------------|-----------------------------|
| 9.05 - 10.00 | Legs, Tums & Bums | Aerobic Fat Burner A | Bodymax * (9.00 Start) | Step | Legs, Tums & Bums | Bodymax * (9.00 Start) | Step |
| 10.05 – 11.00 | Aerobic Fat Burner B | Flat Stomach (10.05-10.45) | Aerobic Fat Burner B | Total Balls Up | Aerobic Fat Burner B | Aerobic Fat Burner A | Legs, Tums and Bums |
| 11.05 – 12.00 | Jazzacise | Step | Bravo Broadway | Line Dancing | Disco Groove | Fitness Yoga | Hot Salsa Fitness |
| 12.05 – 1.00 | Ragdale Express (12.05 – 12.30) | Pilates | Flat Stomach (12.05–12.45) | Pilates | | Intermediate Pilates | |
| 3.05 – 4.00 | Hula Hooping* (3.05-3.30) | Yoga | Pilates | Hula Hooping* (3.05 – 3.30) | Pilates | Hula Hooping* (3.05 – 3.30) | Pilates |
| 4.05 – 5.00 | 5 Element Chi Kung | | 8 Strands of Brocade | Fitness Yoga | | | |
| 5.05 – 6.00 | Sunset Stretch | Hot Salsa Fitness | Sunset Stretch | Street Dance | Sunset Stretch | Pom Pom Workout* | Drums Alive* (5.05-5.45) |
| 6.00 – 6.35 | | | | Studio Cycling * I | | | |
| 6.35 – 7.30 | Advanced Pilates | XCO * | Combat circuit | Bodymax * I (6.35–7.30) | | | |

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) |

A = Advanced, I = Intermediate, B = Beginners, If level not indicated all welcome.

- *Please book these classes in the Gym as spaces are limited.
- Trainers must be worn for the majority of classes.
- Please press back and then the 'more' button to see our class descriptions.

Studio Two Fitness Timetable

| Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|------------------------------------|---------------------------------|----------------------|---------------------------------|-------------------------|-------------------------------|-------------------------------|
| 7.35 - 8.00 | Introduction to Tai Chi | | Morning Salutation | | Introduction to Tai Chi | | Wake Up and Stretch |
| 9.05 - 10.00 | Studio Cycling* | Core Conditioning* (9.00 start) | XCO* | Core Conditioning* (9.00 start) | Fitness Ball * | Studio Cycling* | Back care Workshop(9.05-9.45) |
| 10.05 - 11.00 | Pilates on the Ball* (10.05-10.45) | Studio Cycling* I | Intermediate Pilates | Studio Cycling* | Studio Cycling* I | Ragdale Express (10.05-10.35) | XCO* |
| 11.05 -12.00 | Tai Chi Sword* | Fitness Ball * | Tai Chi Fusion | Fitness Ball* | Tai Chi Sword * | Fitness Ball* | |
| 12.05 - 12.30 | | | | Introduction to Meditation | | | Introduction to Meditation |
| 2.05 - 2.45 | Relax and Unwind | Aromaball | | Back care Workshop | Aromaball | | |
| 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 * | | | | | |

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 | Aquatone | Cardio Splash |
| 3.05 - 3.30 | Aqua Circuit | Aqua Dance | Aquagym | Pilates H ₂ O | Yoqua | Aqua Attack | Aquagym |
| 4.05 - 4.30 | Cardio Splash | Pilates H ₂ O | Yoqua | Aqua Circuit | Aquatone | Pilates H ₂ O | Aqua Dance |

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Please read timetable terms on page above

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