

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	Fitness Yoga	Aerobic Fat Burner B	Line Dancing	Aerobic Fat Burner B	Aerobic Fat Burner A	Legs, Tums and Bums
11.05 – 12.00	Pom Pom Workout*	Chaos	Sinatra Swing	Ragdale Express (11.05-11.35)	70s Boogie	Fitness Yoga	Hot Salsa Fitness
12.05 – 1.00	Bodymax* (12.00 Start)	Pilates	Flat Stomach (12.05–12.45)	Pilates		Intermediate Pilates	
3.05 – 4.00	Hula Hooping* (3.05-3.30)	Flat Stomach (3.05-3.45)	Pilates		Pilates	Hula Hooping* (3.05 – 3.30)	Pilates
4.05 – 5.00	5 Element Chi Kung		Chinese Wand	Fitness Yoga			
5.05 – 6.00	Candlelight Stretch	Hot Salsa Fitness	Candlelight Stretch	French Jive	Candlelight Stretch	Street Dance	Candlelight Stretch
6.00 – 6.35				Studio Cycling * I			
6.35 – 7.30	Advanced Pilates	XCO *	Circuit Training	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	Country Walk (2.05-3.00)	XCO All in One (2.05-3.00) *	Country Walk (2.05-3.00)	XCO All in One (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.
- Services and facilities are subject to change or withdrawal without notice.
- Please press back and then the 'more' button to see our class descriptions.

Created October 2009

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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*	XCO*	Core Conditioning*	Fitness Ball *	XCO*	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	Studio Cycling*	Ragdale Express (10.05-10.35)
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	Flat Stomach
5.05 - 5.45	XCO*	Ragdale Express (5.05-5.35)	Fitness Ball *	Legs, Tums & Bums	Flat Stomach	Body Tone	Fitness Ball *
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 Instruction	Pilates H ₂ O	Yoqua	Aqua Attack	Aquagym Instruction
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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