

## Studio One Fitness Timetable

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.05 - 10.00	Legs, Tums & Bums	Aerobic Fat Burner <b>A</b>	Bodymax * (9.00 Start)	Step	Legs, Tums & Bums	Bodymax * (9.00 Start)	Step
10.05 – 11.00	Aerobic Fat Burner <b>B</b>	Flat Stomach (10.05-10.45)	Aerobic Fat Burner <b>B</b>	Total Balls Up (10.05-10.45)	Aerobic Fat Burner <b>B</b>	Aerobic Fat Burner <b>A</b>	Legs, Tums and Bums
11.05 – 12.00	Jazzacise	Step	Bravo Broadway	Drums Alive* (11.05-11.45)	Disco Groove	Fitness Yoga	Hot Salsa Fitness
12.05 – 1.00	Ragdale Express (12.05 – 12.30)		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	Pilates	8 Strands of Brocade	Fitness Yoga			
5.05 – 6.00	Sunset Stretch	Hot Salsa Fitness	Sunset Stretch	Street Dance	Sunset Stretch	Pom Pom Workout*	Sunset Stretch
6.00 – 6.35				Studio Cycling * I			
6.35 – 7.30	Advanced Pilates	XCO *	Combat Circuit	Bodymax * I (6.30 Set up)			

## 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)	Pitch and Putt (12.05 – 1.00)	XCO Walk * (2.05-2.45)	Boule (1.05 – 2.00)	Country Walk (2.05-3.00)	Country Walk (2.05-3.00)	Country Walk (2.05-3.00)
Meet in Gym		Country Walk (2.05 – 3.00)	Boot Camp (4.05-5.00)	Country Walk (2.05-3.00)		Croquet (4.05 – 5.00)	

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 see Fitness Noticeboard for class descriptions.

**CONTINUED OVERLEAF**  
**Created June 2010**

## 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*	XCO*	Core Conditioning*	Fitness Ball *	Ragdale Express (9.05-9.35)	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*	XCO*
11.05 - 12.00	Tai Chi Sword*	Fitness Ball *	Tai Chi Fusion	Back care Workshop	Tai Chi Sword *	Fitness Ball*	
12.05 - 12.30				Introduction to Meditation			Introduction to Meditation
2.05 - 2.45	Relax and Unwind	Aromaball		Fitness Ball*	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 <sub>2</sub> O	Yoqua	Aqua Attack	Aquagym
4.05 - 4.30	Cardio Splash	Pilates H <sub>2</sub> O	Yoqua	Aqua Circuit	Aquatone	Pilates H <sub>2</sub> O	Aqua Dance

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

Please read timetable terms on reverse

**CONTINUED OVERLEAF**  
Created June 2010