

Studio One Fitness Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.05-9.55 am	9.05-9.55 am	9.05-9.55 am	9.05-9.55 am	9.05-9.55 am	9.05-9.55 am	9.05-9.55 am
Legs, Tums & Bums	Weights for Strength and Tone*	Beginners Aerobic Fat Burner	Intermediate Step ♥	Legs, Tums & Bums	Weights for Strength and Tone*	Intermediate Step ♥
10.05-10.55 am	10.05-10.55 am	10.05-10.55 am	10.05-10.55 am	10.05-10.55 am	10.05-10.55 am	10.05-10.55 am
Beginners Aerobic Fat Burner	Zumba®	Intermediate Pilates*	Zumba®	Beginners Aerobic Fat Burner	Aerobic Fat Burner	Legs, Tums & Bums
11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am
Jive	Pilates *	Broadway	Pilates *	Jive	Broadway	Zumba®
3.05-3.30 pm	3.05-4.15 pm	3.05-3.45 pm	12.05-12.30 pm	3.05-3.45 pm	3.05-4.15 pm	3.05-3.45 pm
Hula Hooping*	Hatha Yoga*	Ballet Barre Conditioning*	Hula Hooping*	Fitness Yoga	Hatha Yoga*	Ballet Barre Conditioning*
4.05-4.45pm	5.05-5.45 pm	4.05-4.55 pm	3.05-4.15 pm	4.05-4.45pm	4.30-4.55 pm	4.05-4.45 pm
HIIT Yoga ♥	Legs, Tums & Bums	Tai Chi Sword *	Beginners Hatha Yoga*	Ballet Barre Conditioning*	Hula Hooping*	HIIT Yoga ♥
5.05-5.55 pm		5.05-5.55 pm	5.30-6.30 pm	5.05-5.55pm	5.05-5.45 pm	5.05-5.55 pm
Candlelight Stretch*		Candlelight Stretch*	Weights for Strength and Tone*	Candlelight Stretch*	Drums Alive*	Candlelight Stretch*
		6.05-7.30 pm	6.35-7.15 pm			
		Hatha Yoga*	RUSH High Intensity Workout ♥			

Outdoor Activities

2.05-2.55 pm			2.05-2.55pm			
Country Walk			Country Walk			

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*** These classes have limited spaces. We strongly recommend you book in advance.**

♥ Indicates higher intensity classes. All other classes are mixed ability.

Trainers must be worn for the majority of classes

Please see Fitness notice board for timetable changes and class descriptions

Services and facilities are subject to change or withdrawal without notice



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.05-9.45 am	9.05-9.55 am	9.05- 9.55 am	9.05-9.55 am	9.05-9.55 am	9.05-9.55 am	9.05-9.45 am
90/60/30 High Intensity Workout ♥	Coreboard Conditioning *	Studio Cycling*	Coreboard Conditioning *	Intermediate Pilates*	Coreboard Conditioning *	90/60/30 High Intensity Workout ♥
10.05-10.55 am	10.05-10.45 am	10.05-10.45 am	10.05-10.45 am	10.05-10.55 am	10.05-10.45 am	10.05-10.55 am
Studio Cycling*	HIIT Wheels* ♥	90/60/30 High Intensity Workout ♥	HIIT Wheels* ♥	Studio Cycling*	HIIT Wheels* ♥	Studio Cycling*
11.05-11.45 am	11.05-11.55 am	11.05-11.55 am	11.05-11.45 am	11.05-11.55 am	12.05-12.55 pm	11.05-11.55 am
Pilates on the Ball*	Box Fit Circuit *	Tai Chi	Drums Alive *	Tai Chi	Intermediate Pilates*	Pilates*
12.05-12.45 pm	4.05-4.55 pm	3.05-3.45 pm	4.05-4.55 pm	3.05-3.45 pm	3.05-3.55pm	4.05-4.45 pm
Time To Unwind	Roll and Release*	Time To Unwind	Roll and Release*	Time to Unwind	Roll and Release*	Time to Unwind
5.05-5.55 pm	5.05-5.45 pm	5.05-5.45 pm	6.00pm-6.30pm	4.05-4.45pm	5.05-5.45 pm	5.05-5.45 pm
Resistance Bands for Strength and Tone*	Drums Alive *	Pilates on the Ball*	Intermediate Studio Cycling*	Pilates on the Ball*	RUSH High Intensity Workout ♥	Pilates on the Ball*
6.35-7.30 pm		6.35-7.30 pm		5.05-5.45pm		
Advanced Pilates*		Circuits		Roll and Release*		

Exercise Pool Classes

10.30-10.55 am	10.30-10.55 am	10.30-10.55 am	10.30-10.55 am	10.30-10.55 am	10.30-10.55 am	10.30-10.55 am
Cardio Waves*	HIIT the Water*	Cardio Waves*	Aquaflex*	Cardio Waves*	HIIT the Water*	Cardio Waves*
11.30-11.55 am	11.30-11.55 am	11.30-11.55 am	11.30-11.55 am	11.30-11.55 am	11.30-11.55 am	11.30-11.55 am
Aquaflex	Aquagym	Aquaflow	HIIT the Water	Aquagym	Aquaflex	Aquaflex
4.05-4.30 pm	4.05-4.30 pm	4.05-4.30 pm	4.05-4.30 pm	4.05-4.30 pm	4.05-4.30pm	4.05-4.30 pm
Aquagym	Aquaflex	Aquagym	Aquaflow	HIIT the Water	Aquaflow	Aquagym

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