

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 | | | |

March 11th - 17th

*** 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



Studio Two Fitness Timetable

| 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 | 6.00-6.45 pm | 6.35-7.30 pm | | 5.05-5.45pm | | |
| Advanced Pilates* | HIIT Wheels Extreme* ♥ | 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 |

March 11th - 17th