

Studio One Fitness Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.05-9.50 am	9.05-9.55 am	9.05-9.50 am	9.05-9.50 am	9.05-9.55 am	9.05-9.55 am	9.05-9.50 am
Legs, Tums & Bums	Weights for Strength and Tone*	Beginners Aerobic Fat Burner	Intermediate Step ♥	Intermediate Pilates*	Weights for Strength and Tone*	Intermediate Step ♥
10.05-10.50 am	10.05-10.55 am	10.05-10.55 am	10.05-10.55 am	10.05-10.50 am	10.05-10.50 am	10.05-10.55 am
Beginners Aerobic Fat Burner	Pilates *	Intermediate Pilates*	Pilates *	Beginners Aerobic Fat Burner	Aerobic Fat Burner	Pilates*
11.05-11.45 am	11.05-11.50 am	11.05-11.55 am	11.05-11.50 am	11.05-11.50 am	11.05-11.50 am	11.05-11.50 am
Pilates on the Ball*	Zumba®	Groovelates	Zumba®	Bollywood	Magical Musicals	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*	Pilates on the Ball*	Hatha Yoga*	Ballet Barre Conditioning*
4.05-4.45pm	5.05-5.45 pm	5.05-5.50 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	Sunset Stretch*	Beginners Hatha Yoga*	Ballet Barre Conditioning*	Hula Hooping*	Pilates on the Ball*
5.05-5.50pm		6.05-7.30 pm	5.05-5.55 pm	5.05-5.50pm	5.05-5.45 pm	5.05-5.50 pm
Sunset Stretch*		Hatha Yoga*	Weights for Strength and Tone*	Sunset Stretch*	RUSH High Intensity Workout ♥	Sunset Stretch*
6.35-7.30 pm						
Advanced Pilates*						

Outdoor Activities

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

13th - 19th May

*** 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	9.05-9.50 am	9.05- 9.50 am	9.05-9.50 am	9.05-9.50 am	9.05-9.50 am	9.05-9.45 am
90/60/30 High Intensity Workout ♥	Coreboard Conditioning *	Studio Cycling*	Coreboard Conditioning *	Legs, Tums and Bums*	Coreboard Conditioning *	90/60/30 High Intensity Workout ♥
10.05-10.50 am	10.05-10.45 am	10.05-10.45 am	10.05-10.45 am	10.05-10.50 am	10.05-10.45 am	10.05-10.50 am
Studio Cycling*	HIIT Wheels* ♥	90/60/30 High Intensity Workout ♥	HIIT Wheels* ♥	Studio Cycling*	HIIT Wheels* ♥	Studio Cycling*
11.05-11.50 am	11.05-11.50 am	11.05-11.50 am	11.05-11.45 am	11.05-11.50 am	11.05-11.55 pm	11.05-11.50 am
Magical Musicals	Box Fit Circuit *	Tai Chi	Drums Alive *	Tai Chi	Intermediate Pilates*	Legs, Tums and Bums*
2.30-3.00 pm	4.05-4.45 pm	3.05-3.45 pm	4.05-4.45 pm	3.05-3.45 pm	3.05-3.45pm	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
5.05-5.45 pm	5.05-5.45 pm	4.05-4.50 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 *	Tai Chi Sword *	Intermediate Studio Cycling*♥	Fitness Yoga	Drums Alive*	HIIT Yoga♥
	6.00-6.45 pm	5.05-5.45 pm	6.35-7.15 pm	5.05-5.45pm		
	HIIT Wheels Extreme* ♥	Pilates on the Ball*	RUSH High Intensity Workout ♥	Roll and Release*		
		6.35-7.30 pm				
		Circuits				

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

13th - 19th May