

# 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	5.30-6.30 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			6.35-7.15 pm			
Advanced Pilates*			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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<b>9.05-9.45 am</b>	<b>9.05-9.50 am</b>	<b>9.05- 9.50 am</b>	<b>9.05-9.50 am</b>	<b>9.05-9.50 am</b>	<b>9.05-9.50 am</b>	<b>9.05-9.45 am</b>
90/60/30 High Intensity Workout ♥	Coreboard Conditioning *	Studio Cycling*	Coreboard Conditioning *	Legs, Tums and Bums*	Coreboard Conditioning *	90/60/30 High Intensity Workout ♥
<b>10.05-10.50 am</b>	<b>10.05-10.45 am</b>	<b>10.05-10.45 am</b>	<b>10.05-10.45 am</b>	<b>10.05-10.50 am</b>	<b>10.05-10.45 am</b>	<b>10.05-10.50 am</b>
Studio Cycling*	HIIT Wheels* ♥	90/60/30 High Intensity Workout ♥	HIIT Wheels* ♥	Studio Cycling*	HIIT Wheels* ♥	Studio Cycling*
<b>11.05-11.50 am</b>	<b>11.05-11.50 am</b>	<b>11.05-11.50 am</b>	<b>11.05-11.45 am</b>	<b>11.05-11.50 am</b>	<b>11.05-11.55 pm</b>	<b>11.05-11.50 am</b>
Magical Musicals	Box Fit Circuit *	Tai Chi	Drums Alive *	Tai Chi	Intermediate Pilates*	Legs, Tums and Bums*
<b>2.30-3.00 pm</b>	<b>4.05-4.45 pm</b>	<b>3.05-3.45 pm</b>	<b>4.05-4.45 pm</b>	<b>3.05-3.45 pm</b>	<b>3.05-3.45pm</b>	<b>4.05-4.45 pm</b>
Time To Unwind	Roll and Release*	Time To Unwind	Roll and Release*	Time to Unwind	Roll and Release*	Time to Unwind
<b>5.05-5.45 pm</b>	<b>5.05-5.45 pm</b>	<b>4.05-4.50 pm</b>	<b>6.00pm-6.30pm</b>	<b>4.05-4.45pm</b>	<b>5.05-5.45 pm</b>	<b>5.05-5.45 pm</b>
Resistance Bands for Strength and Tone*	Drums Alive *	Tai Chi Sword *	Intermediate Studio Cycling*♥	Fitness Yoga	Drums Alive*	HIIT Yoga♥
	<b>6.00-6.45 pm</b>	<b>5.05-5.45 pm</b>		<b>5.05-5.45pm</b>		
	HIIT Wheels Extreme* ♥	Pilates on the Ball*		Roll and Release*		
		<b>6.35-7.30 pm</b>				
		Circuits				

### Exercise Pool Classes

<b>10.30-10.55 am</b>	<b>10.30-10.55 am</b>	<b>10.30-10.55 am</b>	<b>10.30-10.55 am</b>	<b>10.30-10.55 am</b>	<b>10.30-10.55 am</b>	<b>10.30-10.55 am</b>
Cardio Waves*	HIIT the Water*	Cardio Waves*	Aquaflex*	Cardio Waves*	HIIT the Water*	Cardio Waves*
<b>11.30-11.55 am</b>	<b>11.30-11.55 am</b>	<b>11.30-11.55 am</b>	<b>11.30-11.55 am</b>	<b>11.30-11.55 am</b>	<b>11.30-11.55 am</b>	<b>11.30-11.55 am</b>
Aquaflex	Aquagym	Aquaflex	HIIT the Water	Aquagym	Aquaflex	Aquaflex
<b>4.05-4.30 pm</b>	<b>4.05-4.30 pm</b>	<b>4.05-4.30 pm</b>	<b>4.05-4.30 pm</b>	<b>4.05-4.30 pm</b>	<b>4.05-4.30pm</b>	<b>4.05-4.30 pm</b>
Aquagym	Aquaflex	Aquagym	Aquaflex	HIIT the Water	Aquaflex	Aquagym

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