

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 *	Aerobic and Tone	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*	Jive	Broadway	Zumba®	Jive	Zumba®	Broadway
5.05-5.50 pm	5.05-5.45 pm	5.05-5.50 pm	5.05-5.55pm	5.05-5.50pm	5.05-5.45 pm	5.05-5.50 pm
Sunset Stretch*	Ballet barre Conditioning*	Sunset Stretch*	Weights for Strength and Tone*	Sunset Stretch*	Ballet barre Conditioning*	Sunset Stretch*

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

September 23rd - 29th

Studio Two Fitness Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8.30 - 9.15 am		8.30 - 9.15 am		8.30 - 9.15 am	
	Coreboard Conditioning *		Wake Up & Stretch		Pilates on the Ball*	
9.30-10.10 am	9.30-10.15 am	9.30-10.15 am	9.30-10.15 am	9.30-10.15 am	9.30-10.15 am	9.30-10.15 am
90/60/30 High Intensity Workout ♥	Legs, Tums & Bums	Studio Cycling*	Coreboard Conditioning *	STRONG by Zumba®♥*	Coreboard Conditioning *	90/60/30 High Intensity Workout ♥
10.30-11.15 am	10.30-11.15 am	10.30-11.15 am	10.30-11.15 am	10.30-11.15 am	10.30-11.15 am	10.30-11.15 am
Studio Cycling*	HIIT Wheels* ♥	90/60/30 High Intensity Workout ♥	HIIT Wheels* ♥	Studio Cycling*	HIIT Wheels* ♥	Studio Cycling*
11.30-12.15 am	11.30-12.15 am	11.30-12.15 am	11.30-12.15am	11.30-12.15 am	11.30-12.25 am	11.30-12.15 am
Zumba®	Box Fit Circuit *	Tai Chi	Box Fit Circuit *	Tai Chi	Intermediate Pilates*	Legs, Tums and Bums*
5.15-5.55 pm	5.15-5.55 pm	5.15-5.55 pm	5.15-5.55 pm	5.15-5.55 pm	5.15-5.55 pm	5.15-5.55 pm
Drums Alive *	Resistance Bands for Strength and Tone*	Pilates on the Ball*	Studio Cycling*♥	Studio Cycling*♥	Drums Alive*	Resistance Bands for Strength and Tone*
6.35-7.30 pm	6.35-7.15 pm	6.35-7.30 pm	6.15-7.00 pm			
Advanced Pilates*	HIIT Wheels Extreme* ♥	Circuits	RUSH High Intensity Workout ♥			

Specialised classes

	3.05-4.30 pm	6.05-7.30 pm	3.05-3.55 pm		3.05-4.15 pm	
	Hatha Yoga*	Hatha Yoga*	Beginners Hatha Yoga*		Hatha Yoga*	
	Meet in Studio One	Meet in Studio One	Meet in Studio One		Meet in Studio One	

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

September 23rd - 29th

♥ 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

