

Studio One Fitness Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00-9.50 am	9.00-9.45 am	9.00-9.50 am	9.00-9.45 am	9.00-9.50 am	9.00-9.45 am	9.00-9.45 am
Intermediate Pilates*	Legs, Tums & Bums*	Intermediate Pilates*	Legs, Tums & Bums*	Intermediate Pilates*	Legs, Tums & Bums*	Legs, Tums & Bums*
10.00-10.50 am	10.00-10.50 am	10.00-10.45 am	10.00-10.50 am	10.00-10.50 am	10.00-10.45 am	10.00-10.50 am
Aerobic and Tone*	Pilates *	Aerobic Fat Burner*	Pilates *	Aerobic and Tone*	Aerobic Fat Burner*	Intermediate Pilates*
11.00-11.45 am	11.00-11.45 am	11.00-11.45 am	11.00-11.45 am		11.00-11.45 am	11.00-11.45 am
Bollywood*	Zumba® *	Magical Musicals*	Zumba® *		Magical Musicals*	Jive*
3.00-3.50 pm	12.00-12.50 pm	3.00-3.50 pm		3.00-3.50 pm	12.00-12.50 pm	3.00-3.50 pm
Pilates*	Tai Chi	Pilates*		Pilates*	Pilates*	Pilates*
4.00-4.45 pm	4.00-4.50 pm	4.00-4.50 pm	4.00-4.50 pm	4.00-4.50 pm	4.00-4.50 pm	4.00-4.45 pm
Roll and Release*	Candlelight Stretch*	Tai Chi*	Candlelight Stretch*	Tai Chi*	Candlelight Stretch*	Roll and Release*
5.00-5.50 pm	5.00-5.45 pm	5.00-5.50 pm	5.00-5.45 pm	5.00-5.50 pm	5.00-5.45 pm	5.00-5.50 pm
Candlelight Stretch*	Ballet barre Conditioning*	Candlelight Stretch*	Ballet barre Conditioning*	Candlelight Stretch*	Ballet barre Conditioning*	Candlelight Stretch*

Exercise Pool Classes

9.30-9.55 am	9.30-9.55 am	9.30-9.55 am	9.30-9.55 am	9.30-9.55 am	9.30-9.55 am	9.30-9.55 am
Yoga H2O*	Cardio Waves*	HIIT the Water*	Cardio Waves*	Yoga H2O*	Cardio Waves*	HIIT the Water*
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*	Yoga H2O*	Aquagym*	HIIT the Water*	Aquagym*	Aquaflex*	Aquaflex*
4.00-4.25 pm	4.00-4.25 pm	4.00-4.25 pm	4.00-4.25 pm	4.00-4.25 pm	4.00-4.25 pm	4.00-4.25 pm
HIIT the Water*	Aquagym*	Aquaflex*	Yoga H2O*	HIIT the Water*	Yoga H2O*	Aquagym*

March 16th-22nd

Studio Two classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.30-9.15 am	8.30 - 9.20 am	8.30-9.15 am	8.30 - 9.15 am	8.30-9.15 am	8.30 - 9.20 am	8.30-9.15 am
Coreboard Conditioning*	Weights for Strength & Tone*	Coreboard Conditioning*	Intermediate Step* ♥	Coreboard Conditioning*	Weights for Strength & Tone*	Intermediate Step* ♥
9.30-10.20 am	9.30-10.15 am	9.30-10.20 am	9.30-10.15 am	9.30-10.20 am	9.30-10.15 am	9.30-10.15 am
Weights for Strength and Tone*	HIIT Wheels* ♥	Weights for Strength and Tone*	HIIT Wheels* ♥	Weights for Strength and Tone*	HIIT Wheels* ♥	Studio Cycling*
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	10.30-11.20 am
HIIT Wheels* ♥	90/60/30 High Intensity Workout* ♥	Studio Cycling*	90/60/30 High Intensity Workout* ♥	Studio Cycling*	Coreboard Conditioning*	Weights for Strength and Tone*
11.30-12.15pm	11.30-12.15 pm	11.30-12.15pm	11.30-12.15 pm	11.30-12.15pm	11.30-12.15 pm	11.30-12.15pm
RUSH High Intensity Workout* ♥	Drums Alive *	RUSH High Intensity Workout* ♥	Drums Alive *	RUSH High Intensity Workout* ♥	Drums Alive *	90/60/30 High Intensity Workout* ♥
5.15-6.00 pm	5.15-6.00 pm	5.15-6.00 pm	5.15-6.00 pm	5.15-6.00 pm	5.15-6.00 pm	5.15-6.00 pm
Legs, Tums & Bums*	Weights for Strength & Tone*	Legs, Tums & Bums*	Weights for Strength & Tone*	Legs, Tums & Bums*	Weights for Strength & Tone*	Legs, Tums & Bums*
6.15-7.00 pm	6.15-7.15 pm	6.15-7.15 pm	6.15-7.00 pm			
HIIT Wheels Extreme* ♥	Advanced Pilates*	Circuits*	RUSH High Intensity Workout* ♥			

Specialised classes

6.00-7.30 pm	2.30-3.55 pm	6.00-7.30 pm	2.30-3.45 pm	11.00-12.15 pm	2.30-3.55 pm	
Hatha Yoga*	Hatha Yoga*	Hatha Yoga*	Beginners Hatha Yoga*	Hatha Yoga*	Hatha Yoga*	
Meet in Studio One	Meet in Studio One	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.

March 16th-22nd

♥ 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

