

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP CYCLE <i>Spin Studio</i> 06:30 - 07:15 <b>CHANTAL</b>	BODY PUMP <i>Studio 1</i> 06:30 - 07:15 <b>WENDY</b>		GROUP CYCLE <i>Spin Studio</i> 06:30 - 07:15 <b>ALEX</b>	BODY PUMP <i>Studio 1</i> 06:30 - 07:15 <b>ALEX</b>	BODY BALANCE <i>Studio 2</i> 07:15 - 08:00 <b>ADAM</b>	PILATES FOR ALL <i>Studio 2</i> 08:30 - 09:15 <b>FRAN</b>
LEGS BUMS & TUMS <i>Studio 1</i> 09:15 - 10:00 <b>CHANTAL</b>	YOGA HATHA <i>Studio 2</i> 09:15 - 10:10 <b>EMMA</b>	BODY COMBAT <i>Studio 1</i> 09:15 - 10:00 <b>NICOLE</b>	BODY BALANCE <i>Studio 2</i> 09:15 - 10:00 <b>KEALY</b>	LEGS BUMS & TUMS <i>Studio 1</i> 09:15 - 10:00 <b>NICOLE</b>	BODY ATTACK <i>Studio 1</i> 08:15 - 09:00 <b>ALEX</b>	GROUP CYCLE <i>Spin Studio</i> 09:30 - 10:15 <b>CHANTAL</b>
YOGA HATHA <i>Studio 2</i> 09:15 - 10:00 <b>ROBIN</b>	AQUA AEROBICS <i>Pool</i> 09:45 - 10:30 <b>CHRISTINA</b>				TAI CHI <i>Studio 3</i> 08:15 - 09:00 <b>CHRISTINE</b>	PILATES VS WEIGHTS <i>Studio 1</i> 09:30 - 10:15 <b>FRAN</b>
PILATES VS WEIGHTS <i>Studio 1</i> 10:15 - 11:00 <b>FRAN</b>	SALSA TONE <i>Studio 1</i> 10:15 - 11:00 <b>LISSA</b>	BODY PUMP <i>Studio 1</i> 10:15 - 11:10 <b>FRAN</b>	DANCE MIX <i>Studio 1</i> 10:15 - 11:00 <b>KEALY</b>	PILATES VS WEIGHTS <i>Studio 1</i> 10:15 - 11:00 <b>FRAN</b>	YOGA FUNDAMENTALS <i>Studio 2</i> 08:15 - 09:10 <b>MONICA</b>	
GROUP CYCLE <i>Spin Studio</i> 10:15 - 11:00 <b>CHANTAL</b>	YIN YOGA <i>Studio 2</i> 10:15 - 11:10 <b>EMMA</b>	YOGA HATHA <i>Studio 2</i> 10:15 - 11:10 <b>NIKKI</b>	GROUP CYCLE <i>Spin Studio</i> 10:15 - 11:00 <b>ADAM</b>	YOGA HATHA <i>Studio 2</i> 10:15 - 11:10 <b>NIKKI</b>	BODY COMBAT <i>Studio 1</i> 09:15 - 10:00 <b>ALEX</b>	
	GROUP CYCLE <i>Spin Studio</i> 10:15 - 11:00 <b>FRAN</b>	GROUP CYCLE <i>Spin Studio</i> 10:15 - 11:00 <b>NICOLE</b>		GROUP CYCLE <i>Spin Studio</i> 10:15 - 11:00 <b>NICOLE</b>	YOGA FLOW <i>Studio 2</i> 09:15 - 10:10 <b>MONICA</b>	
AQUA AEROBICS <i>Pool</i> 10:30 - 11:15 <b>LYNESEY</b>			AQUA AEROBICS <i>Pool</i> 10:45 - 11:30 <b>ZOE</b>	AQUA AEROBICS <i>Pool</i> 10:45 - 11:30 <b>JO</b>	GROUP CYCLE <i>Spin Studio</i> 09:15 - 10:00 <b>NICOLE</b>	BODY PUMP <i>Studio 1</i> 10:30 - 11:15 <b>CHANTAL</b>
PILATES FOR ALL <i>Studio 2</i> 11:15 - 12:00 <b>FRAN</b>	BODY PUMP <i>Studio 1</i> 11:15 - 12:00 <b>FRAN</b>	PILATES FOR ALL <i>Studio 1</i> 11:15 - 12:00 <b>FRAN</b>	BODY PUMP <i>Studio 1</i> 11:15 - 12:00 <b>ADAM</b>	PILATES FOR ALL <i>Studio 1</i> 11:15 - 12:00 <b>FRAN</b>	BODY PUMP <i>Studio 1</i> 10:15 - 11:10 <b>NICOLE</b>	
		YOGA VINYASA <i>Studio 2</i> 11:15 - 12:10 <b>NIKKI</b>	BARRE PILATES <i>Studio 2</i> 11:15 - 12:00 <b>KEALY</b>	YOGA VINYASA <i>Studio 2</i> 11:15 - 12:10 <b>NIKKI</b>		
		AQUA AEROBICS <i>Pool</i> 11:45 - 12:30 <b>WENDY</b>				
GENTLE PILATES <i>Studio 2</i> 12:15 - 13:00 <b>FRAN</b>	STRETCH & TONE <i>Studio 1</i> 12:15 - 13:00 <b>LISSA</b>	GENTLE PILATES <i>Studio 2</i> 12:15 - 13:00 <b>FRAN</b>	STRETCH & TONE <i>Studio 1</i> 12:15 - 13:00 <b>LISSA</b>			
BODY COMBAT <i>Studio 1</i> 17:30 - 18:15 <b>ALEX</b>	BODY PUMP <i>Studio 1</i> 17:30 - 18:15 <b>ALEX</b>	BODY PUMP <i>Studio 1</i> 17:30 - 18:15 <b>NICOLE</b>	BODY PUMP <i>Studio 1</i> 17:30 - 18:15 <b>GABBIE</b>			
GROUP CYCLE <i>Spin Studio</i> 17:30 - 18:15 <b>FRAN</b>	TAI CHI <i>Studio 3</i> 17:30 - 18:20 <b>PAUL</b>					
BODY PUMP <i>Studio 1</i> 18:30 - 19:15 <b>ALEX</b>	YOGA FOR ALL <i>Studio 2</i> 18:30 - 19:25 <b>VERONIKA</b>	LEGS BUMS & TUMS <i>Studio 1</i> 18:30 - 19:15 <b>NICOLE</b>	BODY COMBAT <i>Studio 1</i> 18:30 - 19:15 <b>GABBIE</b>			
PILATES FOR ALL <i>Studio 2</i> 18:30 - 19:15 <b>FRAN</b>	BODY COMBAT <i>Studio 1</i> 18:30 - 19:15 <b>ALEX</b>	YOGA HATHA <i>Studio 2</i> 18:30 - 19:35 <b>ROBIN</b>	GROUP CYCLE <i>Spin Studio</i> 18:30 - 19:15 <b>ZOE</b>			
GROUP CYCLE <i>Spin Studio</i> 18:30 - 19:15 <b>STEVE</b>	GROUP CYCLE <i>Spin Studio</i> 18:30 - 19:15 <b>CHANTAL</b>	GROUP CYCLE <i>Spin Studio</i> 18:30 - 19:15 <b>AIMEE</b>				
YOGA VINYASA <i>Studio 2</i> 19:30 - 20:25 <b>NIKKI</b>	LEGS BUMS & TUMS <i>Studio 1</i> 19:30 - 20:15 <b>CHANTAL</b>	BODY BALANCE <i>Studio 2</i> 19:30 - 20:15 <b>AIMEE</b>	BODY BALANCE <i>Studio 2</i> 19:30 - 20:15 <b>GABBIE</b>			

- Muscular strength & endurance
- Energetic workouts to burn calories & raise heart rate
- Strength, core stability, flexibility, relax & energise
- Aqua Aerobics
- Gentle workouts for mature users and beginners

These timetables may be subject to change