

# CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>08.00 - 08.45</b> <b>PILATES</b> Jacqui LR	<b>07.30 - 08.30</b> <b>POWER YOGA</b> Joanna J LR	<b>09.00 - 09.45</b> <b>LBT</b> Vikki G S1	<b>07.00 - 07.45</b> <b>THE MORNING CREW</b> Abby M	<b>08.00 - 08.45</b> <b>WAKE UP &amp; RESTORE</b> Jacqui LR	<b>08.45 - 09.15</b> <b>INDOOR CYCLING</b> Victoria C SS	<b>09.30 - 10.15</b> <b>BOOTCAMP</b> Abby M
<b>09.00 - 09.45</b> <b>AQUA</b> Jacqui P	<b>08.00 - 08.45</b> <b>COMBAT FITNESS</b> Victoria C S1	<b>09.00 - 09.45</b> <b>WEIGHTS</b> Alex R M	<b>08.00 - 08.45</b> <b>PILATES</b> Jacqui LR	<b>09.00 - 09.45</b> <b>AQUA</b> Jacqui P	<b>09.30 - 10.15</b> <b>TOTAL BODY BLITZ</b> Victoria C S1	<b>09.30 - 10.15</b> <b>INDOOR CYCLING</b> Josh B SS
<b>09.00 - 09.45</b> <b>INDOOR CYCLING</b> Vikki G SS	<b>09.00 - 09.45</b> <b>AQUA</b> Victoria C P	<b>09.30 - 10.30</b> <b>PILATES</b> Zannah C LR	<b>09.00 - 09.45</b> <b>AQUA</b> Jacqui P	<b>09.00 - 10.00</b> <b>PILATES</b> Lucy G LR	<b>10.30 - 11.15</b> <b>STRETCH &amp; FLOW</b> Victoria C S1	<b>10.30 - 11.15</b> <b>BOXERCISE</b> Josh B S1
<b>09.00 - 09.45</b> <b>STUDIO STRENGTH</b> Alex R S1	<b>09.00 - 09.45</b> <b>ZUMBA</b> Louise T S1	<b>09.55 - 10.25</b> <b>REBOUNTING</b> Vikki G S1	<b>09.15 - 10.00</b> <b>PILATES</b> Joanna S LR	<b>09.15 - 10.00</b> <b>HILO</b> Vikki G S1		<b>17.30 - 18.15</b> <b>HATHA FLOW</b> Joanna J / Ella M S1
<b>09.15 - 10.15</b> <b>HATHA</b> Jennifer J LR	<b>09.00 - 10.00</b> <b>HATHA</b> Joanna J LR	<b>10.00 - 10.45</b> <b>CORE</b> Alex R M	<b>09.15 - 10.00</b> <b>WEIGHT TRAINING</b> Alex R M	<b>09.15 - 10.00</b> <b>INDOOR CYCLING</b> Abby SS		
<b>10.00 - 10.45</b> <b>HILO</b> Vikki G S1	<b>09.15 - 10.00</b> <b>BOOTCAMP</b> Abby M	<b>10.30 - 11.00</b> <b>FULL BODY SCULPT</b> Vikki G S1	<b>09.30 - 10.00</b> <b>REBOUNTING</b> Vikki G S1	<b>09.30 - 10.00</b> <b>HIIT</b> Alex R M		
<b>10.00 - 10.45</b> <b>TOTAL BODY BLITZ</b> Alex R M	<b>10.00 - 10.30</b> <b>REBOUNTING</b> Vikki G S1	<b>11.00 - 11.45</b> <b>CARDIO TENNIS</b> Michael C TC	<b>10.00 - 10.30</b> <b>CORE</b> Vikki G S1	<b>10.05 - 11.20</b> <b>HATHA</b> Zannah C LR		
<b>11.00 - 11.45</b> <b>YOGALATES</b> Vikki G S1	<b>10.15 - 11.15</b> <b>HATHA</b> Joanna J LR	<b>11.15 - 12.05</b> <b>TAI CHI</b> Glenn S1	<b>10.15 - 11.15</b> <b>HATHA</b> Su T LR	<b>10.15 - 10.45</b> <b>CORE</b> Alex R M		
<b>11.00 - 12.15</b> <b>HATHA FLOW</b> Zannah C LR	<b>10.30 - 11.00</b> <b>STRENGTH &amp; CONDITIONING</b> Joe W M	<b>11.30 - 12.00</b> <b>INDOOR CYCLING</b> Vikki G SS	<b>10.45 - 11.30</b> <b>ZUMBA</b> Louise T S1	<b>10.15 - 11.00</b> <b>MUSCLE BLITZ</b> Vikki G S1		
<b>12.00 - 12.30</b> <b>UPPER BODY WEIGHTS</b> Vikki G S1	<b>10.45 - 11.30</b> <b>WEIGHT TRAINING</b> Vikki G S1	<b>12.15 - 13.00</b> <b>YOGALATES</b> Vikki G S1	<b>11.00 - 11.45</b> <b>INDOOR CYCLING</b> Vikki G SS	<b>11.15 - 11.45</b> <b>COMBAT FITNESS</b> Vikki G S1		
<b>12.30 - 13.30</b> <b>PILATES</b> Zannah C LR	<b>11.30 - 12.30</b> <b>PILATES</b> Zannah C LR	<b>13.00 - 13.30</b> <b>TOTAL BODY BLAST</b> Joe W M	<b>11.30 - 12.30</b> <b>PILATES</b> Joanna S LR	<b>11.30 - 12.15</b> <b>CARDIO TENNIS</b> Michael C TC		
<b>13.00 - 13.45</b> <b>TAI CHI</b> Glenn S1	<b>11.35 - 12.05</b> <b>STRETCH</b> Vikki G S1	<b>13.30 - 14.15</b> <b>60+ CIRCUITS</b> Joe W M	<b>11.35 - 12.05</b> <b>FOAM ROLLING</b> Vikki G S1	<b>11.30 - 12.30</b> <b>PILATES</b> Zannah C LR		
<b>13.30 - 14.15</b> <b>60+ CIRCUITS</b> Joe W M	<b>12.45 - 13.45</b> <b>TAI CHI</b> Glenn S1	<b>17.30 - 18.15</b> <b>HATHA FLOW YOGA</b> Vanessa B LR	<b>13.00 - 13.30</b> <b>TOTAL BODY BLAST</b> Joe W M	<b>12.00 - 12.30</b> <b>STRETCH</b> Vikki G S1		
<b>18.00 - 18.45</b> <b>CARDI TONE</b> Joe W M	<b>14.00 - 14.45</b> <b>PILATES</b> Joanna S LR	<b>18.00 - 18.45</b> <b>WOW</b> Grace M	<b>17.15 - 18.30</b> <b>HATHA</b> Vanessa B LR	<b>12.45 - 13.30</b> <b>RESTORATIVE ROLLERS</b> Joanna S LR		
<b>18.00 - 18.45</b> <b>VIBE CYCLE</b> James T SS	<b>17.30 - 18.15</b> <b>WEIGHT TRAINING</b> James T M	<b>18.30 - 19.15</b> <b>INDOOR CYCLING</b> Josh B SS	<b>17.45 - 18.30</b> <b>HYBRID TRAINING</b> James T M	<b>13.00 - 13.45</b> <b>60+ CIRCUITS</b> Grace M		
<b>18.30 - 19.15</b> <b>MUSCLE BLITZ</b> Jo L S1	<b>18.00 - 18.45</b> <b>EQUIPMENT PILATES</b> Libby S LR	<b>19.30 - 20.15</b> <b>METABOLIC CONDITIONING</b> Josh B M	<b>18.00 - 18.45</b> <b>BODY BLAST</b> Su T LR	<b>17.30 - 18.15</b> <b>CARDI TONE</b> Joe W M		
<b>19.00 - 19.45</b> <b>INDOOR CYCLING</b> Josh B SS	<b>18.15 - 19.00</b> <b>CORE</b> James T S1		<b>18.30 - 19.15</b> <b>AQUA</b> James T P	<b>18.15 - 18.45</b> <b>STRETCH</b> Joe W M		
<b>19.00 - 19.45</b> <b>KETTLEBELLS</b> James T M	<b>18.30 - 19.15</b> <b>WEIGHT TRAINING</b> Verity M		<b>18.30 - 19.15</b> <b>BOXHIIT</b> Josh B M			
	<b>18.45 - 19.15</b> <b>BEGINNERS SPIN</b> Joanna J SS		<b>19.00 - 19.45</b> <b>BEGINNERS PILATES</b> Su T LR			
	<b>19.15 - 19.45</b> <b>AQUA</b> James T P		<b>19.30 - 20.15</b> <b>KETTLEBELLS</b> James T M			
	<b>19.15 - 19.45</b> <b>BEGINNERS YOGA</b> Joanna J LR					

Key To Classes
CYCLING
CARDIO
DANCE BASED
WELLBEING
TONING
WATER BASED

Key To Spaces
LR - Lantern Room
M - Mezzanine
P - Pool
S1 - Studio 1
SS - Spin Studio

## CLASS DESCRIPTIONS

<p><b>60+ CIRCUITS</b></p> <p>A mix of fun, intense cardio &amp; resistance exercises designed to help shred fat &amp; tone muscle</p>	<p><b>TOTAL BODY BLAST / BLITZ</b></p> <p>A fast paced strength &amp; conditioning class, using a range of weights &amp; cardio</p>	<p><b>COMBAT FITNESS</b></p> <p>Cardio class inspired by martial arts where you can punch, kick &amp; strike through a total body workout</p>	<p><b>HATHA FLOW / HATA / HATHA YOGA</b></p> <p>Combines physical postures, breathing techniques, meditation &amp; relaxation to promote mental &amp; physical well-being</p>	<p><b>KETTLEBELLS</b></p> <p>Using kettlebells for a variety of exercises that improve strength, cardio &amp; balance</p>	<p><b>REBOUNDED</b></p> <p>Zero impact exercise style by performing a series of small controlled movements to the beat of the music on mini trampolines</p>	<p><b>TAI CHI</b></p> <p>Gentle physical exercises &amp; stretches. Each posture flows into the next without a pause, ensuring the body is in constant motion</p>	<p><b>WOW</b></p> <p>'Workout of the week', a different type of class each week varying from weights to cardio</p>
<p><b>AQUA</b></p> <p>A complete body workout where you can choose your own intensity level using flotation weights &amp; woggles</p>	<p><b>BOOTCAMP</b></p> <p>Mixture of body weight exercises &amp; equipment exercises working with interval &amp; strength training</p>	<p><b>CORE / CORE CONDITIONING</b></p> <p>Low impact strength training class, get stronger, improve your posture and keep your joints healthy</p>	<p><b>HIIT</b></p> <p>High intensity interval training, giving 100% effort through quick intense bursts of exercise followed by short rest periods</p>	<p><b>LBT</b></p> <p>Strengthen &amp; tone all the major muscles in your legs, glutes &amp; core, using a mixture of bodyweight &amp; optional weighted exercises</p>	<p><b>RESTORATIVE ROLLERS</b></p> <p>A slow paced recovery class incorporating foam rolling, stretching &amp; mobility</p>	<p><b>THE MORNING CREW</b></p> <p>A full body workout with a varied training method each week</p>	<p><b>YOGALATES</b></p> <p>Fitness routine that combines Pilates exercises with the postures &amp; breathing techniques of yoga</p>
<p><b>BEGINNERS PILATES</b></p> <p>An introduction to Pilates, learning the fundamental movements</p>	<p><b>BOXERCISE / BOXHIIT</b></p> <p>Work on your boxing technique &amp; cardio fitness. You will be paired with a partner switching out using the pads &amp; gloves</p>	<p><b>EQUIPMENT PILATES</b></p> <p>Highly tailored class completing a series of exercises with Pilates equipment</p>	<p><b>HILO</b></p> <p>Choreographed aerobics class sing old school moves</p>	<p><b>METABOLIC CONDITIONING</b></p> <p>Combining strength, technique &amp; cardio conditioning. Working on both anaerobic &amp; aerobic exercises</p>	<p><b>STRENGTH &amp; CONDITIONING</b></p> <p>Wide ranges of exercises developed to build a variety of skills with a focus on the components of fitness</p>	<p><b>UPPER BODY WEIGHTS</b></p> <p>Working on the upper body helping develop a strong upper body &amp; good posture</p>	<p><b>ZUMBA</b></p> <p>Full blown cardio workouts where you'll work up a sweat dancing</p>
<p><b>BEGINNERS SPIN</b></p> <p>Enhancing your cycling endurance, tailored for beginners</p>	<p><b>CARDI TONE</b></p> <p>Using a mixture of cardio exercises &amp; body weight circuit exercises while consisting of lower intensity toning exercises using weights &amp;/or body weight to</p>	<p><b>FOAM ROLLING</b></p> <p>Using foam rollers to relieve muscle tension &amp; soreness</p>	<p><b>HYBRID TRAINING</b></p> <p>Combines different types of exercises into one workout to improve overall fitness</p>	<p><b>PILATES</b></p> <p>A low-impact class that activates the muscles around your core, putting emphasis on the pelvic &amp; spine, breathing to relieve stress &amp; aids in flexibility, coordination</p>	<p><b>STRETCH &amp; FLOW / STRETCH</b></p> <p>Mat class combining Yoga, Pilates &amp; development stretches</p>	<p><b>WAKE UP &amp; RESTORE</b></p> <p>Whole-body stretch by combining Pilates &amp; Yoga to help you awaken, shake off grogginess &amp; restore your sense of balance</p>	
<p><b>BEGINNERS YOGA</b></p> <p>Getting you comfortable in the fundamental poses &amp; can perform them with proper alignment</p>	<p><b>CARDIO TENNIS</b></p> <p>Fun, sociable group fitness class. Get to work on your tennis technique while playing high intensity games which get you moving &amp; working hard</p>	<p><b>FULL BODY SCULPT</b></p> <p>A fusion of cardio &amp; full body conditioning using only your body weight</p>	<p><b>INDOOR CYCLING / SPIN</b></p> <p>Enhancing your cycling endurance &amp; strength</p>	<p><b>POWER YOGA</b></p> <p>A comprehensive, full body cardio &amp; strength building workout</p>	<p><b>STUDIO STRENGTH / MUSCLE BLITZ</b></p> <p>A body conditioning class using our rebook studio barbells and weights focusing on low weight and high repetition to burn fat and gain strength</p>	<p><b>WEIGHT TRAINING / WEIGHTS</b></p> <p>Using a mix of dumbbells, barbells &amp; kettlebells for a full body session</p>	

### Key To Class Type

<b>CYCLING</b>	<b>CARDIO</b>	<b>DANCE BASED</b>	<b>WELLBEING</b>	<b>TONING</b>	<b>WATER BASED</b>
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Correct February 2025