

















CLASS TIMETABLE







MONDAY

DAY	
9:00am - 9:45am	 BARRE SCULPT Lucy - Studio 1
9:00am - 9:45am	 AQUA AEROBICS Jaqueline - Pool
9:00am - 9:45am	 WOW Perry - Mezzanine
10:00am - 10:45am	 INDOOR CYCLE Lucy - Mezzanine
10:45am - 11:45am	 HATHA FLOW Lorna - Studio 1
12:30pm - 13:15pm	 3IN1 Louise - Studio 1
EVENING	
5:45pm - 6:45pm	 KETTLEBELLS Nemanja - Mezzanine
7:00pm - 7:45pm	 INDOOR CYCLE Josh - Mezzanine









TUESDAY

DAY	
9:00am - 9:45am	 INDOOR CYCLE Lucy - Mezzanine
10:30am - 11:30am	 HATHA Naz - Studio 1
11:40pm - 12:40pm	 PILATES Zannah - Studio 1
12:50pm - 13:30pm	 TAI CHI Glen - Studio 1
EVENING	
5:20pm - 6:05pm	 WEIGHT TRAINING Emily - Mezzanine
6:15pm - 7:00pm	 WEIGHT TRAINING Emily - Mezzanine
6:15pm - 7:00pm	 LBT Lucy - Studio 1
7:15pm - 8:00pm	 INDOOR CYCLE Lucy - Mezzanine








WEDNESDAY

DAY	
9:00am - 10:00am	 PILATES Zannah - Studio 1
10:15am - 11:15am	 HATHA Zannah - Studio 1
10:15am - 11:00am	 WEIGHT TRAINING Perry - Mezzanine
10:15am - 11:15am	 CARDIO TENNIS Michael - Tennis
11:30am - 12:15am	 FULL BODY SCULPT Vikki - Studio 1
12:30pm - 1:00pm	 INDOOR CYCLE Vikki - Mezzanine
EVENING	
6:00pm - 6:45pm	 OUTDOOR BOOTCAMP Emily
6:30pm - 7:30pm	 EQUIPMENT PILATES Lucy G - Studio 1







THURSDAY

DAY	
9:00pm - 9:45pm	 AQUA AEROBICS Jaqueline - Pool
9:45am - 10:30am	 CORE AND STABILITY Nemanja - Mezzanine
10:00am - 11:00am	 HATHA Samantha - Studio 1
10:45am - 11:30am	 INDOOR CYCLE Vikki - Mezzanine
11:30am - 12:30pm	 PILATES Lucy G - Studio 1
EVENING	
6:00pm - 6:30pm	 HIIT Emily - Mezzanine
6:45pm - 7:30pm	 INDOOR CYCLE Louise - Mezzanine
6:45pm - 7:30pm	 AQUA AEROBICS Jaqueline - Pool

FRIDAY

DAY	
9:00am - 9:45am	 INDOOR CYCCLE Jo - Mezzanine
9:00am - 9:45am	 AQUA AEROBICS Jaqueline - Pool
10:00am - 10:45am	 MUSCLE BLITZ Jo - Studio 1
10:00am - 10:30am	 HIIT Perry - Mezzanine
11:30am - 12:30pm	 CARDIO TENNIS Michael - Tennis
EVENING	
6:00pm - 7:00pm	 PILATES Lucy G - Studio 1
7:00pm - 7:30pm	 HIIT Alison - Mezzanine

SATURDAY

DAY	
9:30am - 10:30am	 PILATES Lucy G - Studio 1
9:30am - 10:15am	 INDOOR CYCLE Louise - Mezzanine
10:45am - 11:30am	 TOTAL BODY BLITZ Victoria C - Studio 1
SUNDAY	
9:30am - 10:15am	 BOOTCAMP Emily - Court/Mezz
11:30am - 12:15pm	 BOXERCISE Josh - Court/Mezz
11:30am - 12:30am	 STRETCH Nemanja - Studio 1



CARDIO



TONING



WATER BASED




WELLBEING





DANCE BASED





CYCLING

 **AQUA AEROBICS**


A complete body workout using the water resistance to enhance your strength.

  **BARRE FITNESS**


This is a hybrid workout class combining ballet inspired moves with elements of pilates, yoga and strength training.

  **REBOUNding**



Rebounding is a zero impact exercise style that, put simply, is bouncing on a mini trampoline. Unlike regular trampolining, the aim isn't to bounce high and perform gymnastic tricks but to perform a series of small, controlled movements to the beat of the music.

 **HIIT**



High intensity interval training is technique in which you give 100% effort through quick intense bursts of exercise followed by short, sometimes active rest periods. This type of training gets and keeps your heart rate up and is efficient in burning calories.

 **CARDIO TENNIS**



This is a fun, sociable group fitness class that is open to people of all tennis abilities. You will get to work on your tennis technique while playing high intensity game which get you moving and working hard.

  **BOOTCAMP**



This class is a mixture of body weight exercises and exercises using equipment, such as medicine balls, battle ropes, kettlebells, dumbbells etc. working with interval and strength training this class will have you working hard.

  **MUSCLE BLITZ**



A body conditioning class using our rebook studio barbells and weights focusing on low weight and high repetition to burn fat and gain strength.

  **WEIGHT TRAINING**



Using a mix of Dumbbells, barbells and Kettlebells you will get a full body session, all abilities welcome.

  **BOXERCISE**


Work on your boxing technique and cardio fitness. You will be paired with a partner switching out using the pads and using the gloves.

  **3 in 1**


This is a 45 minute hybrid class, combining HIIT, conditioning, and yoga stretch. Elevate your heart rate, condition your muscles and relax your mind, body and soul.

  **WOW**


Work out of the week, combining weight training, body weight and some cardio aspects to get a full body workout.

 **FULL BODY SCULPT**


A fusion of cardio and full body conditioning using only your body weight .

 **KETTLEBELLS**


A full body conditioning class using our range of kettlebells, you will combine cardiovascular, strength and flexibility training to burn calories and gain strength and muscle mass.

 **CORE STABILITY**


This challenging class looks to tone and condition your major muscles of the torso, especially your abdominals and lower back muscles.

 **LBT**


Strengthen and tone all the major muscle in your legs, glutes and core, using a mixture of body weight and optional weighted exercises.

 **CORE & STABILITY**

This challenging class looks to tone and condition your major muscles of the torso, especially your abdominals and lower back muscles.

 **HATHA FLOW**


The physical postures of yoga are used to reduce stress and help the spine feel supple. Feel relaxed and mobile after this class.

 **PILATES**


This is a conditioning class that helps activate the essential muscles around your core. This class puts emphasis on pelvic and spinal alignment, breathing to relieve stress and aids in flexibility, coordination and balance.

 **EQUIPMENT PILATES**

This class aims to incorporate traditional Pilates exercises using different equipment's such as fit balls, bands and Pilates rings.

 **TAI CHI**

Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion

 **INDOOR CYCLE**

This class is designed to enhance your cycling endurance, whether you looking to gain strength in your cycling or training for an event, this class is perfect.



	 CARDIO	 TONING	 WATER BASED	 WELLBEING	 DANCE BASED	 CYCLING
Classes per week	13	15	4	11	1	9

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