

MONDAY

	Level	Instructor	Time
○ Fully Stretched	G	Jacqui	8.30am – 9.00am
●○○ Hour of Power	A	Jacqui	9.00am – 10.00am
●○ Fit ‘N’ Functional	A	Jacqui	10.00am – 10.30am
●○ Strappy Top	A	Litza	10.30am – 11.00am
●○ Beginners Step	B	Litza	11.00am – 11.30am
○ Pilates	A	Heather	11.30am – 12.30pm
○○ Yoga	G	Val	12.30pm – 2.00pm
●○ Performance Cycling	A	Conrad	4.15pm – 5.00pm
●○ Top 2 Toe	A	Heather	5.15pm – 6.00pm
●○ Aerobic Mix	A	James	6.00pm – 6.45pm
●○ Cardio Step	A	Litza	6.45pm – 7.30pm
○ Pilates	A	Litza	7.30pm – 8.30pm

TUESDAY

●○ Serious Six Pack	A	Gill	8.45am – 9.15am
●○ Box 2 The Beat	A	Gill	9.15am – 10.00am
●○ Absolute Ball	A	Gill	10.00am – 10.45am
○○ Yoyalates	I	Mair	11.00am - 12.00pm
○ Pilates	G	Mair	12.00pm – 1.00pm
●○ Aqua Fun	A	Litza	12.15pm – 1.00pm
●○ Aerobic Mix	A	Jacqui	1.30pm – 2.00pm
●○○ Hour of Power	A	Jacqui	2.00pm – 3.00pm
●○ Performance Cycling	A	Jacqui	4.30pm – 5.10pm
●○ Strappy Top	A	Gill	5.30pm – 6.00pm
●○ Neuro (Power of the Mind)	A	Gill	6.00pm – 6.30pm
●○ Serious Fitness	A	Gill	6.30pm – 7.25pm
●○ Cardio / Step	A	Debbie	7.30pm – 8.15pm

● Calorie Burning ○ Resistance ○ Gentle

WEDNESDAY

○ Fully Stretched	G	Litza	8.30am – 9.00am
●○ Waist-away/Abs	A	Litza	9.00am – 9.30am
●○ Fit ‘n’ Functional	A	Litza	9.30am – 10.00am
●○ Aerobic Mix	A	Heather	10.00am – 10.45am
● Line Dancing	A	Chris	10.45am – 11.45am
●○ Strappy Top	A	Kay	11.45am – 12.15pm
●○ Callanetics	A	Kay	12.15pm – 12.45pm
○○ Yoga	A	Val	12.45pm – 2.15pm
○ Pilates	A	Heather	5.00pm – 6.00pm
●○ Box 2 The Beat	A	James	6.00pm – 6.45pm
●○ Waist-away/Abs	A	Debbie	6.45pm – 7.15pm
●○ Aerobic Mix	A	Debbie	7.15pm – 8.00pm
●○ Indoor Cycling	A	Debbie	8.15pm – 9.00pm

THURSDAY

●○ Performance Cycling	A	Gill	7.00am – 8.00am
○ Fully Stretched	G	Gill	8.30am – 9.00am
●○ Serious Body Melt Down	A	Gill	9.00am – 9.30am
○○ Holistic Flexability	A	Gill	9.30am – 10.15am
●○ Zumba	A	Litza	10.15am – 11.00am
○ Pilates	A	Heather	11.00am – 12.00pm
○ Pilates	G	Mair	12.00pm – 1.00pm
●○ Advanced Aqua	Adv	Jacqui	12.00pm – 12.30pm
●○ Aqua Noodles	A	Karen	12.30pm – 1.15pm
●○ Body Bar	A	Jacqui	1.15pm – 2.00pm
●○ Ab’s-A-Glutely	A	Jacqui	2.00pm – 2.30pm
○ Tai Chi	A	Peter	2.30pm – 3.30pm
●○ Serious Six Pack	A	Sue	5.30pm – 6.00pm
○ Yoga	A	Val	6.00pm – 7.15pm
●○○ Hour of Power	A	Gill	7.15pm – 8.15pm

FRIDAY

●○ Performance Cycling	A	Gill	7.00am – 8.00am
●○ Performance Cycling	A	Jacqui	8.30am – 9.00am
●○ Waist-away/Abs	A	Jacqui	9.15am – 9.45am
●○ Body Bar	A	Jacqui	9.45am – 10.15am
●○ Cardio Mix	A	Jacqui	10.15am – 11.00am
○ Pure Neuro	A	Gill	11.00am – 11.55am
○ Advanced Pilate’s	Adv	Mair	12.00pm – 1.00pm
○ Pilates	A	Mair	1.00pm – 2.00pm
○○ Ballroom Dancing	A	Vicky	2.00pm – 3.00pm
●○ Performance Cycling	A	Jacqui	4.30pm – 5.00pm
●○ Zumba	A	Sue	5.15pm – 6.00pm
●○ Aqua / Fun	A	Litza	5.30pm – 6.00pm
○ Pilates	A	Wendy	6.00pm – 7.00pm

SATURDAY

●○ Performance Cycling	A	Conrad	7.45am – 8.30am
●○ Serious Fitness	A	Gill	9.00am – 9.30am
●○○ Hour of Power	A	Gill	9.30am – 10.30am
●○ Absolute Ball	A	Gill	10.30am – 11.30am
○○ Holistic Flexability	G	Gill	11.30am – 12.15pm

SUNDAY

●○ Performance Cycling	A	Les	9.00am – 9.45am
○ Pilates	A	Nikki	10.00am – 11.00am
●○ Waist-away/Abs	A	Litza	11.00am – 11.30am
●○ Zumba	A	Litza	11.30am – 12.15pm
○ Stretch ‘n’ Tone	A	Kay	4.00pm – 4.45pm
●○ Zumba	A	Karen	5.00pm – 6.00pm
●○ Performance Cycling	A	Les	6.30pm – 7.15pm

PLEASE BOOK AT RECEPTION FOR ALL CLASSES
 A - All Adv - Advanced B - Beginners
 G - Gentle I - Intermediate

