

## MONDAY

Time	Class	Location
06.45 - 07.15	Core' N' More	Gym Floor
09.00 - 09.30	POWER UP	Power Plate Zone
09.30 - 10.15	Studio Cycle	Cycling Studio
09.30 - 10.15	Low Impact Aerobics	Studio 1
09.30 - 10.15	Aqua	Pool
09.30 - 10.30	Pilates	Mind & Body Studio
09.30 - 10.30	Women on Weights	Gym Floor
10.40 - 11.25	Low Impact Aerobics	Mind & Body Studio
10.30 - 11.30	Total Body Conditioning	Studio 1
12.15 - 12.45	HIIT	Gym Floor
18.00 - 18.30	POWER PLATE CIRCUIT	Power Plate Zone
18.00 - 18.45	Energy Spin	Cycling Studio
18.00 - 18.50	Zumba®	Studio 1
18.00 - 19.00	Pilates	Mind & Body Studio
18.45 - 19.30	Women's BoxFit	Gym Floor
19.00 - 19.45	Aqua	Pool
19.00 - 20.00	BODYPUMP™	Studio 1
19.15 - 20.15	Vinyasa Yoga	Mind & Body Studio

## THURSDAY

Time	Class	Location
06.45 - 07.15	Core' N' More	Gym Floor
09.15 - 10.00	Aqua	Pool
09.30 - 10.15	LBT	Studio 1
09.30 - 10.30	Mindful Yoga	Mind & Body Studio
09.30 - 10.30	Spin & Gym	Gym Floor
10.20 - 11.05	Low Impact Aerobics	Studio 1
12.15 - 12.45	Absolute Abs	Gym Floor
12.00 - 13.00	Pilates	Mind & Body Studio
18.00 - 18.30	HIIT	Studio 1
18.00 - 19.00	Hatha Yoga	Mind & Body Studio
18.30 - 19.00	POWER DOWN	Power Plate Zone
18.30 - 19.15	BODYCOMBAT™	Studio 1
18.30 - 19.15	Studio Cycle	Cycling Studio
19.00 - 20.00	Pilates	Mind & Body Studio
19.15 - 19.45	4FIT	Gym Floor

## TUESDAY

Time	Class	Location
06.45 - 07.15	Box Strong	Gym Floor
09.30 - 10.15	Aqua	Pool
09.30 - 10.30	BODYPUMP™	Studio 1
09.30 - 10.30	Spin & Gym	Gym Floor
10.30 - 11.30	YogaPilates	Mind & Body Studio
10.45 - 11.30	Dance Mix	Studio 1
12.15 - 12.45	POWER PLATE CIRCUIT	Power Plate Zone
18.00 - 18.45	LBT	Studio 1
18.15 - 19.00	4FIT	Gym Floor
18.30 - 19.15	Studio Cycle	Cycling Studio
18.30 - 19.30	Pilates	Mind & Body Studio
18.45 - 19.45	BODYCOMBAT™	Studio 1
19.00 - 19.30	Absolute Abs	Gym Floor
19.45 - 20.15	HIIT	Studio 1
19.45 - 20.45	Beginners Hatha Yoga	Mind & Body Studio

## FRIDAY

Time	Class	Location
06.45 - 07.30	Studio Cycle	Cycling Studio
09.00 - 09.30	POWER PLATE CIRCUIT	Power Plate Zone
09.30 - 10.15	Studio Cycle	Cycling Studio
09.30 - 10.15	Dance Mix	Studio 1
09.30 - 10.30	Women on Weights	Gym Floor
09.45 - 10.45	Mindful Yoga	Mind & Body Studio
10.15 - 11.00	Stretch & Tone	Studio 1
11.00 - 11.45	Aqua	Pool
17.30 - 18.30	YogaPilates	Mind & Body Studio
18.00 - 18.45	Studio Cycle	Cycling Studio

## WEDNESDAY

Time	Class	Location
06.45 - 07.30	Studio Cycle	Cycling Studio
09.00 - 09.30	Gym Circuit	Studio 1
09.30 - 10.15	Aqua	Pool
09.30 - 10.15	Studio Cycle	Cycling Studio
09.30 - 10.30	Women on Weights	Gym Floor
09.30 - 10.30	Zumba®	Studio 1
10.30 - 11.15	Stretch & Tone	Studio 1
11.00 - 12.00	Pilates	Mind & Body Studio
12.15 - 12.45	HIIT	Gym Floor
18.00 - 18.45	BoxFit	Studio 1
18.00 - 18.45	Studio Cycle	Cycling Studio
18.00 - 19.00	Rasa Yoga	Mind & Body Studio
19.00 - 20.00	BODYPUMP™	Studio 1
19.00 - 19.45	Aqua	Pool
19.15 - 20.15	Beginners Pilates	Mind & Body Studio

## SATURDAY

Time	Class	Location
08.30 - 09.00	POWER PLATE CIRCUIT	Power Plate Zone
09.15 - 10.15	BODYPUMP™	Studio 1
09.00 - 10.00	Pilates	Mind & Body Studio
10.30 - 11.00	Absolute Abs	Gym Floor
10.30 - 11.15	Studio Cycle	Cycling Studio

## SUNDAY

Time	Class	Location
09.00 - 09.45	Studio Cycle	Cycling Studio
09.30 - 10.00	Gym Circuit	Studio 1
10.15 - 11.00	4FIT	Gym Floor
10.30 - 11.30	LBT	Studio 1
10.30 - 11.30	Hatha Yoga	Mind & Body Studio

KEY: ■ CARDIO ■ MIND & BODY ■ STRENGTH ■ DANCE ■ AQUA ■ POWER PLATE