

CLASS TIMETABLE

MONDAY	Time:	08:15 - 09:15	09:30-10:30	18:00 - 18:30	18:30 - 19:15		
	Class:	Pilates	Mumba	Spin	Circuits		
	Staff	Leanne	Wayne	Rob	Rob		
	Difficulty	Moderate	Low	High	High		
TUESDAY	Time:	07:00 - 07:45	08:00 - 08:30	09:30 - 10:15	10:30 - 11:30	18:00 - 19:00	
	Class:	Spin and Tone	LBT	Pilates	Yoga	Zumba	
	Staff	Rob	Rob	Wayne	Laura	Helen	
	Difficulty	High	Moderate	High	Moderate	Low	
	Time:	08:15 - 09:00	09:30 - 10:15	16:00 - 16:45	17:45 - 18:30	18:45 - 19:30	
WEDNESDAY	Class:	Pilates	LBT	Yoga	Vinyasa Yoga	LBT	
	Staff	Leanne	Laura	Glynis	Laura	Laura	
	Difficulty	Moderate	Low	Low	Low	Low	
	Time:	09:30 - 09:15	10:30 - 11:30	10:30 - 11:15	18:00 - 18:30	18:30 - 19:00	19:00- 20:00
	Class:	Zumba	Yoga	Aqua	Spin	Burn It	Ashtanga Yoga
THURSDAY	Staff	Helen	Laura	Wayne	Rob	Rob	Sheila
	Difficulty	Low	Moderate	Low	High	High	Moderate
	Time:	09:30 - 10:15	10:30 - 11:00	18:00 - 18:45			
	Class:	Zumba	LBT	Circuits			
	Staff	Helen	Wayne	Rob			
FRIDAY	Difficulty	Low	Moderate	High			
	Time:	09:30 - 10:15					
	Class:	Zumba					
	Staff	Helen					
SATURDAY	Difficulty	Low					
	Time:	09:30 - 10:15					
	Class:	Yoga					
	Staff	Glynis					
SUNDAY	Time:						
	Class:						

Difficulty levels are only a guide. Instructors will modify their classes to suit individual needs

Spin	Indoor cycling through varied intensities and terrain to music	Circuits	A full body workout using several stations	Burn It	This class is designed to burn fat using interval training
Pilates	Helps to mobilise the spine, correct posture, core musculature and balance	Box Fit	Box Fit uses boxing equipment and weights to increase your muscular and cardiovascular fitness	Aqua	Aquatic Class to improve cardiovascular and muscular fitness.
Zumba	A fun class that mixes body sculpting movements with Latin American dance steps	Step	This class focuses on lower body exercises using a step	Stretch	This is a short class to help you recover, using full body stretches
Yoga	Yoga focuses on flexibility and range of movement. Breathing is synchronised with movement to bring a meditative element	LBT	This class focuses on the legs, glutes and core using weighted exercises		