

Spring Timetable

Monday 2 September - Sunday 1 December 2019.
Subject to change.

STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:10AM		LES MILLS BODYPUMP Toni	FIT45 Rochelle	LES MILLS BODYPUMP Samantha	FITBOX45 Michelle	9:00AM	LES MILLS BODYPUMP Roster	
8:50AM		FIT30 Megan	LES MILLS BODYPUMP EXPRESS Gabrielle	FITBOX30 Gabrielle		9:30AM		LES MILLS BODYSTEP FREESTYLE/STEP Roster
9:25AM	FITBOX45 Sarah	LES MILLS BODYPUMP Cyndi	FIT45 Mel	LES MILLS BODYPUMP Gabrielle	FIT45 Mel	10:00AM	★ Pilates Georgie	
10:30AM	LES MILLS BODYPUMP Teymara	LES MILLS CXWORX Megan	★ Roll & Stretch Megan	LES MILLS CXWORX Megan	LES MILLS BODYPUMP Teymara	10:30AM		★ LES MILLS BODYBALANCE Pilates Roster YOGA
11:10AM		★ Dance Basics Helen	★ Pilates Megan/Billy	★ Pilates Megan/Helen		11:00AM	★ Roll & Stretch Georgie	
11:45AM	★ LOW IMPACT BASICS Marg				★ LOW IMPACT BASICS Helen	4:30PM		LES MILLS BODYPUMP Samantha/Zoe
12:15PM		★ LOW IMPACT BASICS Helen	★ LOW IMPACT BASICS Kyle	★ TAI CHI *Until 19/9 with Chris				
5:30PM	FIT45 Michelle	LES MILLS BODYPUMP Carolyn	LES MILLS BODYSTEP Carolyn	LES MILLS BODYCOMBAT Michelle	★ Pilates Georgie			
6:30PM	LES MILLS BODYPUMP Michelle	POP-UP CLASS	LES MILLS CXWORX Samantha	LES MILLS BODYPUMP Michelle				
7:00PM			FITBOX45 Sarah					

POP-UP CLASS
ZUMBA

Zumba with Helen
Tuesday 6:30pm
6 Week Block
15 October - 19 November ONLY

Get fit while dancing to Latin music! With easy to master moves, Zumba is a total body workout, combining cardio, muscle conditioning, balance and flexibility. Duration: 45 mins. Coordination: Low.

STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:10AM	STAGES FLIGHT Rochelle	LES MILLS RPM Emily	LES MILLS RPM Andrea/Gabrielle	STAGES FLIGHT Megan	STAGES FLIGHT Rochelle	7:00AM	STAGES FLIGHT 60 Warren	
9:25AM	LES MILLS RPM Tracey	LES MILLS RPM Andrea	STAGES FLIGHT Cyndi/Sarah	LES MILLS RPM Cyndi	★ CYCLE BASICS Cyndi	8:15AM		VIRTUAL FLIGHT 20 MIN FTP TEST
12:30PM	VIRTUAL FLIGHT	VIRTUAL FLIGHT	VIRTUAL FLIGHT	VIRTUAL FLIGHT 20 MIN FTP TEST	VIRTUAL FLIGHT	9:00AM	LES MILLS RPM Sarah	LES MILLS RPM Zoe/Emily
5:30PM	LES MILLS RPM Sarah	STAGES FLIGHT Sarah			LES MILLS RPM Andrea	12:00PM	VIRTUAL FLIGHT	VIRTUAL FLIGHT
6:00PM			LES MILLS RPM Zoe	STAGES FLIGHT 60 Warren		3:00PM	VIRTUAL FLIGHT	VIRTUAL FLIGHT
6:30PM	VIRTUAL FLIGHT	VIRTUAL FLIGHT			VIRTUAL FLIGHT			
7:30PM	VIRTUAL FLIGHT	VIRTUAL FLIGHT 20 MIN FTP TEST	VIRTUAL FLIGHT	VIRTUAL FLIGHT	VIRTUAL FLIGHT			

STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:10AM				★ Pilates Sarah		8:00AM	★ YOGA Mangala	
9:25AM	★ Pilates Georgie				★ Pilates Sarah			
10:00AM				★ Gently Active Helen				
10:30AM	★ Pilates Georgie		★ LES MILLS BODYBALANCE Marg		★ Inner STRENGTH Sarah			
5:30PM	★ Inner STRENGTH Georgie	★ Pilates Georgie		★ YOGA Mangala				
6:00PM			★ YOGA Michelle					
6:30PM	★ LES MILLS BODYBALANCE Carolyn	★ Pilates Marg						

NEW CLASS!

Inner STRENGTH

This class will help strengthen your whole body, focusing on your deep core muscles and pelvic floor. Perfect for pre and post-natal women, women going through or having been through menopause or anyone looking to strengthen their pelvic floor and switch on deep abdominal muscles effectively. This non-impact, floor based class will use a combination of bodyweight and various studio equipment to get all of your core muscles firing. Please seek medical clearance from your GP or obstetrician before commencing. Duration: 45 mins. Coordination: Low.

AQUA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
9:25AM	★ Water WORKOUT Gabrielle	Aqua ACTION Georgie	★ Gentle WARM WATER Gabrielle	Aqua ACTION Tamara	★ Water WORKOUT Jess	9:00AM	★ Water WORKOUT Georgie	
10:30AM	★ Gentle WARM WATER Gabrielle	★ Aqua MOVERS Georgie	★ Water WORKOUT Gabrielle	★ Aqua MOVERS Tamara	★ Gentle WARM WATER Helen			
6:30PM		Aqua RUN Georgie						

GYMNASTICS HALL

Classes run during term time only.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
7:00PM	ADULT Gymnastics Roster							

★ Indicates classes available on Over 60's discount.