



STUDIO CLASS TIMETABLE

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

9AM	Fitband Total Tone <i>9:15am - 10:00am</i>	Tai Chi <i>9:30am - 10:15am</i>		Studio Cycling, Core & Stretch <i>9:15am - 10:00am</i>	Studio Cycling, Core & Stretch <i>9:15am - 10:00am</i>	Inside the Box <i>9:15am - 10:00am</i>	Yoga <i>9:30am - 10:30am</i>
10AM	Total Tone: Low Impact & Tone <i>10:15am - 11:00am</i>	Tuesday Strength <i>10:30am - 11:15am</i>	Total Tone Hour <i>10:00am - 11:00am</i>		Total Tone: Body Conditioning <i>10:15am - 11:00am</i>	Studio Cycling <i>10:15am - 11:00am</i>	DDMIX <i>10:45am - 11:30am</i>
11AM	Zumba Gold (External) <i>11:15am - 12:00pm</i>		Body Strength & Tone <i>11:15am - 12:00pm</i>	Dance with Nicky <i>11:00am - 11:45am</i>	Total Tone: Low Impact & Tone <i>11:15am - 12:00pm</i>	Studio Cycling & Core <i>11:15am - 12:00pm</i>	
12PM	Studio Cycling, Core & Stretch <i>12:15pm - 1:00pm</i>	Pilates <i>12:30pm - 1:15pm</i>	Pilates <i>12:15pm - 1:00pm</i>	Mobility, Stretch & Joint Strength <i>12:30pm - 1:15pm</i>	Friday Strength <i>12:15pm - 1:00pm</i>	Pilates <i>12:15pm - 1:00pm</i>	Circuits (S&C Room) <i>12:30pm - 1:15pm</i>
1PM	Yoga <i>1:15pm - 2:00pm</i>				Yoga <i>1:15pm - 2:00pm</i>		
4PM	Pilates <i>4:30pm - 5:15pm</i>						Resistance & Strength <i>4:30pm - 5:15pm</i>
5PM	Bands, Bells, Balls & Core <i>5:30pm - 6:15pm</i>	Legs, Bums & Tums <i>5:30pm - 6:15pm</i>	Bike, Strength & Stretch <i>5:30pm - 6:15pm</i>	Studio Cycling <i>5:30pm - 6:15pm</i>	Vinyasa Flow Yoga <i>5:30pm - 6:15pm</i>		Yoga <i>5:30pm - 6:15pm</i>
6PM	Kettle Bell Boot <i>6:30pm - 7:15pm</i>	Circuits (S&C Room) <i>6:30pm - 7:15pm</i>	Studio Cycling SQT <i>6:30pm - 7:15pm</i>	HIIT <i>6:30pm - 7:15pm</i>	Bootcamp for Strength <i>6:30pm - 7:15pm</i>		
7PM	Box Fit <i>7:30pm - 8:15pm</i>	Yoga <i>7:30pm - 8:15pm</i>	Circuits (S&C Room) <i>7:30pm - 8:15pm</i>	Reps & Sets <i>7:30pm - 8:15pm</i>	Zumba <i>7:30pm - 8:15pm</i>		

Karate (External)
8:30pm - 10:00pm

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*All RED 'Circuits' classes are held in the Strength & Conditioning Gym behind Indoor Tennis courts 1 & 2
*All SILVER 'External' classes are booked privately