




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Metabolic Blast</b> 09:00-09:30 TRX Cube	<b>TRX Blast</b> 07:00-07:30 TRX Cube	<b>BodyCombat</b> 09:30-10:30 Studio 2	<b>Metabolic Blast</b> 06:30-07:00 Studio 1	<b>Circuits</b> 09:00-09:45 Studio 2	<b>Metabolic Blast</b> 09:00-09:30 Studio 1	<b>Les Mills Dance™</b> 09:00-09:45 Studio 2
<b>BodyBalance™</b> 09:30-10:30 Studio 1	<b>Young at Heart</b> 09:30-10:15 Studio 1	<b>B.L.T</b> 09:30-10:30 Studio 1	<b>Yoga</b> 09:30-11:00 Studio 1	<b>BodyCombat</b> 09:15-10:15 Studio 1	<b>BodyPump™</b> 09:15-10:15 Studio 2	<b>Yang Yoga</b> 09:00-10:30 Studio 1
<b>BodyCombat</b> 09:30-10:30 Studio 2	<b>BodyStep™</b> 09:30-10:30 Studio 2	<b>Total Body Conditioning</b> 10:45-11:45 Studio 1	<b>BodyPump™</b> 09:30-10:30 Studio 2	<b>BodyBalance™</b> 10:30-11:30 Studio 1	<b>Core Conditioning</b> 10:15-10:45 TRX Cube	<b>BodyPump™</b> 10:15-11:15 Studio 2
<b>TRX Blast</b> 10:00-10:30 TRX Cube	<b>Yoga</b> 10:35-12:05 Studio 1	<b>Yoga</b> 12:00-13:30 Studio 1	<b>Zumba</b> 10:45-11:35 Studio 2	<b>Young at Heart</b> 11:45-12:30 Studio 1	<b>BodyCombat</b> 10:30-11:30 Studio 2	<b>Blitzball</b> 10:15-10:45 TRX Cube
<b>TRX Blast</b> 10:30-11:00 TRX Cube	<b>BodyPump™</b> 10:45-11:45 Studio 2	<b>Kettlebell Blast</b> 12:00-12:45 Studio 2	<b>Yoga</b> 11:15-12:45 Studio 1	<b>Stretch Pilates</b> 12:45-13:45 Studio 1	<b>BodyBalance™</b> 10:30-11:30 Studio 1	<b>Mindful Yoga</b> 11:00-12:30 Studio 1
<b>BodyPump™</b> 10:45-11:45 Studio 2	<b>Tai Chi</b> 12:20-13:50 Studio 1	<b>Stretch Pilates</b> 18:15-19:15 Studio 1	<b>Stretch &amp; Flex</b> 12:30-13:00 Stretch Cube	<b>Yin Yoga</b> 17:30-19:00 Studio 1	<b>TRX Blast</b> 11:00-11:30 TRX Cube	<b>BodyBalance™</b> 17:00-18:00 Studio 1
<b>B.L.T</b> 10:45-11:45 Studio 1	<b>BodyPump™</b> 18:15-19:15 Studio 2	<b>BodyCombat</b> 18:30-19:30 Studio 2	<b>B.L.T</b> 18:15-19:15 Studio 1	<b>TRX Blast</b> 18:00-18:30 TRX Cube		
<b>Yoga Pilates</b> 12:00-13:00 Studio 1	<b>Zumba</b> 18:30-19:20 Studio 1	<b>Stretch &amp; Flex</b> 19:30-20:00 Stretch Cube	<b>Circuits</b> 18:15-19:00 Studio 2			
<b>Circuits</b> 12:15-12:45 Studio 2			<b>BodyBalance™</b> 19:30-20:30 Studio 1			
<b>Stretch &amp; Flex</b> 13:00-13:30 Stretch Cube						
<b>Les Mills Dance™</b> 18:00-18:45 Studio 1						
<b>BodyCombat</b> 18:30-19:30 Studio 2						
<b>BodyBalance™</b> 19:00-20:00 Studio 1						

#### CLASSES KEY

- Aerobic, high energy 
- Strength + conditioning 
- Mind + Body 

## LARGE + SMALL CLASSES TIMETABLE



Class bookings are available 6 days in advance. A non-attende fee will only be applied when the class is at capacity.