



CLASS TIMETABLE

SUMMER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EXPRESS BODYPUMP 09:15 - 09:45 (16+) <i>Brooke</i>	Cardio Pump 09:30 - 10:30 <i>Donna</i>	Healthy Hearts 10:00 - 11:00 <i>Alison</i>	Sculpt & Tone 09:30 - 10:30 <i>Julie</i>	Cardio Pump 09:30 - 10:30 <i>Eileen</i>	Express BODYPUMP 09:15 - 10:00 (16+) <i>Amy</i>	BODYBALANCE 9:30-10:30 <i>Su</i>
Healthy Hearts 10:00 - 11:00 <i>Donna</i>	Gentle Exercise 11:00 - 12:00 <i>Kay</i>	Zumba Gold 12:00 - 12:45 <i>Kay</i>	Gentle Exercise 11:00 - 12:00 <i>Kay</i>	SPRINT 12:00-12:30 <i>Julie *</i>	Metafit 10:15 - 10:45 <i>Amy</i>	Legs, Bums & Tums 11:00 - 12:00 <i>Michele ***New Instructor***</i>
Total body Conditioning 12:00 - 13:00 <i>Donna</i>	Total Body Workout 17:30 - 18:15 <i>Julie</i>	Yoga 13:30 - 14:30 <i>Gill (starting 5/08/2020)</i>	Yogalates 12:30 - 13:30 <i>Kay ***NEW CLASS***</i>	Step & Sculpt 17:15 - 18:00 <i>Julie</i>	SPRINT 10:30 - 11:00 <i>Julie*</i>	
FITSTEPS 17:30 - 18:15 <i>Caroline</i>	Boxercise 18:30 - 19:30 <i>John</i>	Legs, Bums & Tums 17:30 - 18:15 <i>Julie</i>	BODYPUMP 18:00 - 19:00 <i>Bex</i>	Pilates 18:15 - 19:00 <i>Susan</i>	SPRINT 11:15 - 11:45 <i>Julie*</i>	
SPRINT 18:30 - 19:00 <i>Julie*</i>	Cyclefit 18:30 - 19:15 <i>Julie *</i>	SPRINT 18:30 - 19:00 <i>Julie*</i>	Cyclefit 18:30 - 19:15 <i>Julie *</i>	Ballroom 19:15 - 20:00 <i>Glen</i>	Legs, Bums & Tums 11:00 - 12:00 <i>Su</i>	
BODYBALANCE 18:30 - 19:30 <i>Su</i>		Power Yoga 18:30 - 19:30 <i>Rosie (starting 12/08/2020)</i>	Clubbercise 19:15 - 20:00 <i>Donna</i>			

New to Classes?

1. Bring a water bottle and towel
2. Arrive on time to ensure you warm up thoroughly
3. Please ensure you remain for the entire duration of the class

Please Note: Some classes are in high demand and require pre-booking. Contact us for details.

Opening Hours

Monday - Friday: 7:00am - 8:00pm
 Saturday - Sunday: 9:00am - 3:00pm

*Class takes place in the Functional Room or Gym. All other classes are in the Main Hall.