

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Circuits &amp; Core</b> Conditioning 9.00-9.55am (SH)	<b>Zumba</b> 10.30-11.15am (S)	<b>Circuits</b> 9.00-9.55am (SH)	<b>Studio Cycle</b> 5.30-6.15pm (S)	<b>Friday FitCamp</b> 9.10-9.55am (SH)	<b>Studio Cycle</b> 9.15-10.00am (S)
<b>50+ Aerobics</b> 10.00-10.45am (SH)	<b>Studio Cycle</b> 5.30-6.15pm (S)	<b>Strength &amp; Stretch</b> 9.00-9.55am (S)	<b>Hatha Yoga</b> 7.30-8.30pm (S)	<b>Running Club</b> 9.00-10.00am (O)	
<b>Hatha Yoga</b> 1.15-2.15pm (S)	<b>Freestyle Fitness Yoga</b> 6.30-7.30pm (S)	<b>Pilates</b> 10.15-1.15am (S)		<b>50+ Aerobics</b> 10.00-10.45am (SH)	
<b>Studio Cycle</b> 5.30-6.15pm (S)		<b>Studio Cycle</b> 6.00-6.45pm (S)		<b>Express Spin</b> 1.00-1.30pm (S)	
<b>Fitness Pilates</b> 6.30-7.30pm (S)		<b>Legs, Bums &amp; Tums</b> 7.00-7.45pm (S)		<b>Studio Cycle</b> 6.00-6.45pm (S)	
<b>Circuits</b> 7.00-7.55pm (S)					
<b>Fitness Pilates</b> 7.30-8.30pm (S)					
				<b>Location</b> (SH) Sports Hall (S) Studio (O) Outdoors	

- Calorie Burning
- Muscle Toning & Endurance
- All over body workout
- Re-energise & relax
- Specialist
- Low Impact