

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Beginners Circuits</b> 9.00-9.25am Amy (SH)	<b>Pilates</b> 9.15-10.15am Helen (S)	<b>Circuits</b> 9.00-9.55am Allan (SH)	<b>Pilates</b> 10.15-11.15am Helen (S)	<b>Body Pump*</b> 8.30-9.25am Lenka (SH)	<b>Spin</b> 9.15-10.00am Jen (S)	<b>Spin &amp; Strength</b> 10.15-11.10am Amy (S)
<b>Core Conditioning</b> 9.30-9.55am Amy (SH)	<b>Body Pump*</b> 8.30-9.25am Lenka (SH)	<b>Pilates</b> 10.15-11.15am Helen (S)	<b>Spin</b> 5.30-6.15pm Jen (S)	<b>50+ Aerobics</b> 10.00-10.45am Debbi (SH)		
<b>50+ Aerobics</b> 10.00-10.45am Jenny (SH)	<b>Body Balance*</b> 9.30-10.25am Lenka (SH)	<b>Spin</b> 6.00-6.45pm Jen (S)	<b>Pilates</b> 6.30-7.30pm Helen (S)	<b>Spin</b> 6.00-6.45pm Jen (S)		
<b>Hatha Yoga</b> 1.15-2.15pm Anita (S)	<b>Zumba</b> 10.30-11.15am Naomi (S)	<b>Dancercise*</b> 11.30-12.30pm Gem (S)				
<b>Spin</b> 5.30-6.15pm Amy (S)	<b>Body Balance*</b> 12.00-12.45pm Lenka (S)	<b>Body Balance*</b> 3.00-3.45pm Lenka (S)				
<b>Fitness Pilates</b> 6.30-7.30pm Sam (S)	<b>Body Pump*</b> 1.00-1.55pm Lenka (SH)	<b>Body Pump*</b> 4.00-4.55pm Lenka (SH)				
<b>Circuits</b> 7.00-7.55pm Amy (S)	<b>Body Balance*</b> 2.00-2.55pm Lenka (S)	<b>Body Balance*</b> 5.00-5.55pm Lenka (SH)				
<b>Fitness Pilates</b> 7.30-8.30pm Sam (S)	<b>Spin</b> 5.30-6.15pm Amy (S)	<b>Spin</b> 6.00-6.45pm Jen (S)				
	<b>Hatha Yoga</b> 7.45-9.00pm Anita (S)	<b>HIIT</b> 7.00-7.45pm Holly (S)				

- Calorie Burning
- Muscle Toning & Endurance
- All over body workout
- Re-energise & relax
- Specialist\*
- Low Impact
- Les Mills Classes\*