

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginners Circuits 9.00-9.25am Amy (SH)	Pilates 9.15-10.15am Helen (S)	Circuits 9.00-9.55am Nathan (SH)	Spin 5.30-6.15pm Jen (S)	50+ Aerobics 10.00-10.45am Debbi (SH)	Spin 9.15-10.00am Jen (S)	Spin & Strength 10.15-11.10am Amy (S)
Core Conditioning 9.30-9.55am Amy (SH)	Zumba 10.30-11.15am Naomi (SH)	Pilates 10.15-11.15am Helen (S)	Pilates 6.30-7.30pm Helen (S)	Spin 6.00-6.45pm Jen (S)		
50+ Aerobics 10.00-10.45am Jenny (SH)	Spin 5.30-6.15pm Amy (S)	Spin 6.00-6.45pm Jen (S)				
Hatha Yoga 1.15-2.15pm Anita (S)	Hatha Yoga 7.45-9.15pm Anita (S)					
Spin 5.30-6.15pm Amy (S)						
Fitness Pilates 6.30-7.30pm Sam (S)						
Circuits 7.00-7.55pm Amy (S)						
Fitness Pilates 7.30-8.30pm Sam (S)						

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