

MONDAY

Time	Class	Duration (min)	Instructor
08.45	Yoga	45	Nyree (P)
09.30	Leg, Bums & Tums	45	Tara (S)
10.15	Zumba	45	Tara (P)
11.00	Pilates Intermediate	45	Tara (S)
11.45	Nifty Fifties	60	Jo (P)
13.00	Dance to Music	30	Val (P)
13.30	Happy Feet	60	Val (P)
18.00	Rebound	45	Julie (P)
19.00	Body Combat	45	Ness (S)
20.00	Circuits	45	Gym Team (S)

TUESDAY

Time	Class	Duration (min)	Instructor
07.00	Yoga	60	Nyree (P)
09.30	Body Attack	55	Helena (S)
10.30	Body Pump	45	Betty (P)
11.35	CXWORX	30	Betty (S)
12.10	Stretch & Relax	55	Anna (P)
13.15	Qigong	45	Ben (S)
14.05	Fitness Pilates	55	Jo (P)
18.00	Body Blitz	55	Julie (S)
19.00	Body Pump	60	Betty (P)
20.00	Body Balance	55	Nicky (S)

WEDNESDAY

Time	Class	Duration (min)	Instructor
09.40	Zumba	45	Helena (S)
10.30	Body Conditioning	55	Jo (P)
11.45	Functional Conditioning	60	Jo (S)
13.30	Yoga	60	Anna (P)
14.45	Beginners Yoga	60	Anna (P)
18.00	Pilates Intermediate	55	Jo (P)
19.00	H.I.I.T	45	Gym (S)
20.00	Body Balance	55	Nicky (P)

THURSDAY

Time	Class	Duration (min)	Instructor
09.30	Yoga	55	Nyree (P)
10.30	Body Combat	55	Ness (S)
11.30	Body Balance	55	Nicky (P)
12.45	Yoga	90	Jacquie (P)
18.00	Body Attack	55	Nigel(S)
19.00	CXWORX	30	Betty (P)
19.30	Circuits	30	Gym Team (G)
19.45	Tai Chi	60	Neil (S)

FRIDAY

Time	Class	Duration (min)	Instructor
08.45	Pilates	45	Jo (P)
09.30	Fitness Yoga	45	Nyree (P)
10.15	Zumba	45	Val (S)
11.00	Body Pump	60	Betty (P)
12.30	Tai Chi	60	Chris (S)
13.45	Beginners Yoga	60	Nyree (P)
17.30	Body Attack	45	Helena (S)
18.30	Yoga	60	Sue (P)

SATURDAY

Time	Class	Duration (min)	Instructor
09.00	Family Zumba	40	Julie (S)
09.45	Rebound	45	Julie (P)
11.30	Family Karate	60	Graeme (S)

SUNDAY

Time	Class	Duration (min)	Instructor
09.30	Body Attack	55	Nigel (S)
10.30	Body Pump	60	Betty (P)

Gym Opening Hours:

Monday-Friday 6.00am-10.00pm
Saturday-Sunday 7.00am-8.00pm

Pool and Hot-Tub Opening Hours:

Monday-Friday 6.00am-10.00pm
Saturday-Sunday 7.00am-8.00pm

Off Peak Hours

Monday-Friday 6.00am-4.00pm/ 8.30pm-10.00pm
Saturday/Sunday 7.00am-9.00am / 3.00pm-8.00pm

Gym - Juniors age 11-16 Inclusive (Adult Supervision Required)

Monday-Thursday 6.00am-6.00pm
Friday 6.00am-7.00pm
Saturday-Sunday 7.00am-6.00 pm

(P) Pavilion (S) Studio (G) Gym

Please Note – Instructors may be subject to change

Timetable valid from 21 October 2020

Conditioning High Energy Holistic Dance based