

MONDAY

Time	Class	Minutes	Instructor	Location
06.15	Running Club	60	Dom	
06.30	Virtual Spin	45	N/A	Spin Studio
08.30	Yoga	45	Nyree	Studio 1
09.30	Legs, Bums & Tums	45	Tara	Studio 1
09.30	Spin	45	Lisa	Spin Studio
09.45	Aqua	45	Jo	Pool
10.15	Zumba	45	Tara	Studio 1
11.00	Pilates Intermediate	45	Tara	Studio 1
11.45	Nifty Fifties	45	Jo	Studio 1
12.30	Virtual Spin	30	N/A	Spin Studio
12.45	Aqua	45	Jo	Pool
13.00	Dance to Music	30	Val	Studio 1
13.30	Latina	60	Val	Studio 1
16.00	Virtual Spin	45	N/A	Spin Studio
17.00	Virtual Spin	45	N/A	Spin Studio
17.00	LBT	45	Jo	Studio 1
18.00	Rebound	45	Julie	Studio 1
18.00	Connect/CBC	45	Gym Team	Spin Studio
19.00	Body Combat	45	Ness	Studio 1
19.15	Aqua	45	Jo	Pool
20.00	Circuits	60	Gym Team	Studio 1

TUESDAY

Time	Class	Minutes	Instructor	Location
07.00	Yoga	60	Nyree	Studio 1
07.30	Virtual Spin	30	N/A	Spin Studio
09.30	Body Attack	55	Helena	Studio 1
09.30	Aqua	45	Karen	Pool
09.30	Connect/CBC	45	Gym Team	Spin Studio
10.30	Body Pump	60	Betty	Studio 1
11.00	Virtual Spin	45	N/A	Spin Studio
12.10	Stretch & Relax	55	Anna	Studio 1
13.15	Qigong	45	Ben	Studio 1
13.30	Virtual Spin	30	N/A	Spin Studio
14.05	Fitness Pilates	55	Jo	Studio 1
16.00	Virtual Spin	30	N/A	Spin Studio
17.00	Strong Zumba	45	Val	Studio 1
17.00	Virtual Spin	30	N/A	Spin Studio
18.00	Body Blitz	55	Julie	Studio 1
18.00	Spin	45	Gym	Spin Studio
19.00	Body Pump	60	Daz	Studio 1
20.00	Body Balance	55	Nicky	Studio 1
20.00	Aqua	45	Karen	Pool

WEDNESDAY

Time	Class	Minutes	Instructor	Location
06.30	Virtual Spin	45	N/A	Spin Studio
07.00	Fitness Yoga	45	Anna	Studio 1
09.30	Aqua	45	Claire	Pool
09.30	Spin	45	Lisa	Spin Studio
09.40	Zumba	45	Helena	Studio 1
10.30	Body Conditioning	55	Jo	Studio 1
11.45	Functional Conditioning	60	Jo	Studio 1
12.30	Virtual Spin	30	N/A	Spin Studio
13.30	Yoga	60	Anna	Studio 1
14.00	Virtual Spin	30	N/A	Spin Studio
14.45	Beginners Yoga	60	Anna	Studio 1
17.00	Body Conditioning	45	Betty	Studio 1
17.00	Virtual Spin	30	N/A	Spin Studio
18.00	Pilates Intermediate	55	Jo	Studio 1
18.00	Connect/CBC	45	Gym Team	Spin Studio
19.00	H.I.I.T	30	Gym Team	Studio 1
19.15	Aqua	45	Jo	Pool

THURSDAY

Time	Class	Minutes	Instructor	Location
06.30	Virtual Spin	30	N/A	Spin Studio
09.30	Connet/CBC	45	Gym Team	Spin Studio
09.30	Yoga	45	Nyree	Studio 1
10.30	Body Combat	45	Kerry	Studio 1
11.30	Body Balance	55	Nicky	Studio 1
12.45	Yoga	90	Jacque	Studio 1
12.45	Aqua Zumba	45	Valerie	Pool
13.30	Virtual Spin	45	N/A	Spin Studio
16.00	Virtual Spin	30	N/A	Spin Studio
17.00	Virtual Spin	30	N/A	Spin Studio
17.00	Zumba	45	Helena	Studio 1
18.00	Body Attack	55	Nigel	Studio 1
18.00	RPM	45	Helena	Spin Studio
19.00	Core/CXWORX	30	Betty	Studio 1
19.30	Circuits	30	Gym Team	Gym Floor
19.45	Tai Chi	60	Chris	Studio 1

Instructors may be subject to change.

Swimming lessons run during the holidays except for two weeks at Christmas.

Sauna, Steam Room, Aroma Room and Hot Tub are for use by members 17+ only

CONDITIONING | HIGH ENERGY | HOLISTIC | DANCE BASED

FRIDAY

Time	Class	Minutes	Instructor	Location
06.30	Virtual Spin	45	N/A	Spin Studio
08.00	Virtual Spin	45	N/A	Spin Studio
08.45	Pilates	45	Jo	Studio 1
09.30	Running Club	60	Dom	
09.30	Fitness Yoga	45	Anna	Studio 1
09.30	RPM	45	Helena	Spin Studio
10.15	Zumba	45	Val	Studio 1
11.00	Body Pump	60	Betty	Studio 1
12.30	Tai Chi	60	Chris	Studio 1
12.30	Virtual Spin	45	N/A	Spin Studio
13.00	Aqua	45	Emiko	Pool
13.45	Beginners Yoga	60	Nyree	Studio 1
16.00	Virtual Spin	45	N/A	Spin Studio
17.00	Virtual Spin	45	N/A	Spin Studio
17.30	Body Attack	45	Helena	Studio 1
18.00	Spin	45	Julie	Spin Studio
18.30	Yoga	60	Nyree	Studio 1

SATURDAY

Time	Class	Minutes	Instructor	Location
09.00	Zumba	40	Julie	Studio 1
09.15	RPM	45	Nigel	Spin Studio
10.00	Rebound	45	Julie	Studio 1
11.30	Family Karate	60	Graeme	Studio 1
12.00	Virtual Spin	30	N/A	Spin Studio
14.30	Virtual Spin	45	N/A	Spin Studio
16.00	Aqua Zumba	45	Valerie	Pool
16.00	Virtual Spin	45	N/A	Spin Studio

SUNDAY

Time	Class	Minutes	Instructor	Location
08.00	Virtual Spin	45	N/A	Spin Studio
09.30	Virtual Spin	45	N/A	Spin Studio
09.30	Body Attack	55	Nigel	Studio 1
10.30	Body Pump	60	Betty	Studio 1
11.40	Virtual Spin	45	N/A	Spin Studio
17.30	Virtual Spin	30	N/A	Spin Studio

POOL TIMETABLE

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
6.00							
6.15							
6.30							
6.45							
7.00							
7.15	Adults Only Swim	Adults Only Swim	Adults Only Swim	Adults Only Swim	Adults Only Swim		
7.30						Adults Only Swim	Adults Only Swim
7.45							
8.00							
8.15							
8.30							
8.45							
9.00							
9.15	Swim	Swim	Swim				
9.30							
9.45							
10.00	Aqua	Aqua	Aqua		Swim		
10.15				Swim			
10.30							
10.45							
11.00	Swim	Swim	Swim				
11.15							
11.30							
11.45	Adults Only Swim			Adults Only Swim	Adults Only Swim		
12.00		Adults Only Swim	Adults Only Swim				
12.15							
12.30							
12.45							
13.00	Aqua				Swim	Swim	
13.15							
13.30							
13.45							
14.00							
14.15							
14.30		Swim		Swim			
14.45							
15.00							
15.15							
15.30	Swim					Aqua	Adults Only Swim
15.45							
16.00							
16.15							
16.30							
16.45							
17.00							
17.15		Swimming Lessons		Swimming Lessons			
17.30							
17.45							
18.00						Swim	Swim
18.15							
18.30							
18.45		Swim		Swim			
19.00							
19.15	Aqua	Adults Only Swim	Aqua			Adults Only Swim	Adults Only Swim
19.30							
19.45							
20.00							
20.15							
20.30	Adults Only Swim	Aqua		Adults Only Swim	Adults Only Swim		
20.45							
21.00		Adults Only Swim	Adults Only Swim				
21.15							
21.30							
21.45							
22.00							

ADULT ONLY SWIM | ages 17+ | *SWIM | available for all