

## MONDAY

Time	Class	Minutes	Instructor
06.30	Virtual Spin	45	N/A
08.30	Yoga	45	Nyree
09.30	Legs, Bums & Tums	45	Tara
09.30	Spin	45	Lisa
09.45	Aqua	45	Jo
10.15	Zumba	45	Tara
11.00	Pilates Intermediate	45	Tara
11.45	Nifty Fifties	45	Jo
12.30	Virtual Spin	30	N/A
12.45	Aqua	45	Jo
16.00	Virtual Spin	45	N/A
17.00	Virtual Spin	45	N/A
17.00	LBT	45	Jo
18.00	Rebound	45	Julie
18.00	Connect/CBC	45	Gym Team
19.00	Body Combat	45	Ness
19.15	Aqua	45	Jo
20.00	Circuits	60	Gym Team

## TUESDAY

Time	Class	Minutes	Instructor
06.45	Running Club	60	Dom
06.30	Virtual Spin	30	N/A
07.00	Yoga	60	Nyree
09.30	Body Attack	55	Helena
09.30	Aqua	45	Karen
09.30	Connect/CBC	45	Gym Team
10.30	Body Pump	60	Betty
11.00	Virtual Spin	45	N/A
12.10	Stretch & Relax	55	Anna
13.15	Qigong	45	Ben
13.30	Virtual Spin	30	N/A
14.05	Fitness Pilates	55	Jo
16.00	Virtual Spin	30	N/A
17.00	Virtual Spin	30	N/A
18.00	Body Blitz	55	Julie
18.00	Spin	45	Gym Team
19.00	Body Pump	60	Daz
20:00	Aqua	45	Karen

## WEDNESDAY

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

## THURSDAY

Time	Class	Minutes	Instructor
06.30	Virtual Spin	30	N/A
09.30	Virtual Spin	45	Gym Team
09.30	Yoga	45	Nyree
10.30	Body Combat	45	Ness
11.30	Body Balance	55	Laura
12.45	Yoga	90	Jacquie
12.45	Aqua Zumba	45	Valerie
13.30	Virtual Spin	45	N/A
16.00	Virtual Spin	30	N/A
17.00	Virtual Spin	30	N/A
18.00	Body Attack	55	Nigel
18.00	RPM	45	Helena
19.00	Core/CXWORX	30	Betty
19.30	Circuits	30	Gym Team
19.45	Tai Chi	60	Chris

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
06.30	Virtual Spin	45	N/A
08.00	Virtual Spin	45	N/A
08.45	Pilates	45	Jo
09.30	Fitness Yoga	45	Anna
09.30	RPM	45	Helena
10.15	Zumba	45	Val
11.00	Body Pump	60	Betty
12.30	Tai Chi	60	Chris
12.30	Virtual Spin	45	N/A
13.00	Aqua	45	Emiko
13.45	Beginners Yoga	60	Nyree
16.00	Virtual Spin	45	N/A
17.15	Spin	45	Julie
17.30	Body Attack	45	Helena
18.30	Yoga	60	Abi

## SATURDAY

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

## SUNDAY

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

## 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	Adults Only Swim	Adults Only Swim
7.30							
7.45							
8.00							
8.15							
8.30							
8.45							
9.00	Swim	Swim	Swim				
9.15							
9.30	Aqua	Aqua	Aqua				
9.45							
10.00				Swim	Swim		
10.15							
10.30						Splash Time	Splash Time
10.45							
11.00	Swim	Swim	Swim				
11.15							
11.30							
11.45	Adults Only Swim	Adults Only Swim	Adults Only Swim	Adults Only Swim	Adults Only Swim		
12.00							
12.15							
12.30	Aqua	Adults Only Swim	Adults Only Swim	Aqua	Aqua		
12.45							
13.00							
13.15							
13.30							
13.45							
14.00						Swim	Swim
14.15							
14.30		Swim		Swim			
14.45							
15.00							
15.15							
15.30							
15.45							
16.00	Swim		Swim		Swim	Aqua	Adults Only Swim
16.15							
16.30							
16.45		Swimming Lessons		Swimming Lessons			
17.00							
17.15							
17.30						Swim	Swim
17.45							
18.00							
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	Adults Only Swim		
20.45							
21.00							
21.15							
21.30							
21.45							
22.00							

ADULT ONLY SWIM | ages 17+

\*SWIM | available for all