

Club Class Schedule

M	T	W	T	F	S	S
08.00-8.45 YOGA STEPH						
09.00-9.45 TOTAL BODY CARDIO ANITA	09.00-09.45 ZUMBA ANITA	09.00-09.45 BODY CON KIRSTY	09.00-9.45 DANCE FIT LAURA	09.00-10.00 10.15-11.15 PUMP JAYNE		09.00-09.45 3-IN-1 COMBO
10.00-11.45 3-IN-1 COMBO	10.00-10.45 BODY BLITZ	10.00-10.45 POWERSCULPT	10.00-10.45 BODY CONDITIONING		10.00-10.30 HIIT	10.00-11.00 VINYASA FLOW YOGA MADLEN
11.00-11.45 BODY CONDITIONING	11.00-11.45 FUNCTIONAL FITNESS	11.00-11.45 FITNESS PILATES WILL	11.30-11.45 PILATES EMMA	11.30-12.15 STRECH & MOBILITY	10.45-11.30 CARDIO COMBAT ANITA	
12.00-12.45 STRETCH & MOBILITY LISA	12.00-1.15 HATHA YOGA TONY	12.00-12.45 STRECH & MOBILITY		12.30-1.30 YOGALATES CLAIRE	12.00-1.00 YIN YOGA LOUISE	
13.00-13.30 AQUA SPLASH LISA		13.00-13.30 AQUA SPLASH		1.00-1.30 AQUA SPLASH		
	14.00-15.00 FITNESS PILATES WILL					
17.35-18.15 LEGS, BUMS & TUMS	17.30-18.00 HIIT	17.30-18.00 CORE	17.15-17.45 ABS BLAST KERRY			
18.30-19.15 CARDIO COMBAR ANITA	18.15-19.00 PUMP	18.15-19.00 STEP & TONE SAM	18.00-18.30 PUMP KERRY			
19.30-20.30 YIN YOGA LOUISE	19.15-20.15 VINYASA FLOW YOGA CLAIRE	19.15-8.00 3-IN-1 COMBO	19.00-19.45 PILATES NICK			