

# Class Timetable

## April 2019

Key: ■ HIIT ■ Aerobic ■ Strength & Endurance ■ Mind & Body ■ Aqua ■ Classes tailored to older adults ■ **STAGESFLIGHT** Immersive Indoor Cycling

Monday (day)	Monday (evening)	Tuesday (day)	Tuesday (evening)	Wednesday (day)	Wednesday (evening)	Thursday (day)	Thursday (evening)	Friday	Saturday	Sunday
07.00 <b>INSANITY MAX: 30*</b> Dance Studio	18.30 <b>GRIT</b> Dance Studio	06.45 Pilates Dance Studio	17.30 <b>GRIT</b> Dance Studio	06.50 <b>Metafit™</b> Dance Studio	17.30 Pilates MP Room	07.00 <b>STAGESFLIGHT</b> Indoor Cycling Studio	18.00 Pilates Dance Studio	07.00 <b>Metafit™</b> Dance Studio	07.25 <b>GRIT</b> Dance Studio	08.25 <b>GRIT</b> Dance Studio
09.30 <b>GRIT</b> MP Room	18.30 <b>STAGESFLIGHT</b> Indoor Cycling Studio	07.00 <b>STAGESFLIGHT</b> Indoor Cycling Studio	18.00 <b>Les Mills BODYPUMP</b> Dance Studio	08.30 Pilates Dance Studio	17.30 <b>GRIT</b> Dance Studio	09.15 <b>Stretch &amp; Tone</b> MP Room	18.15 <b>STAGESFLIGHT</b> Indoor Cycling Studio	08.30 Pilates Dance Studio	08.00 <b>STAGESFLIGHT</b> Indoor Cycling Studio	09.00 <b>Bums, Legs &amp; Tums</b> Dance Studio
09.30 <b>Aerobics</b> Dance Studio	19.05 Pilates Dance Studio	09.00 <b>Indoor Cycling</b> Indoor Cycling Studio	18.00 <b>Absolute Abs</b> MP Room	09.30 <b>STAGESFLIGHT</b> Indoor Cycling Studio	18.00 <b>Les Mills BODYPUMP</b> Dance Studio	09.30 <b>Indoor Cycling</b> Indoor Cycling Studio	19.15 <b>Indoor Cycling</b> Indoor Cycling Studio	09.30 <b>Kettlercise®</b> Sports Hall	08.30 Pilates MP Room	09.00 <b>STAGESFLIGHT</b> Indoor Cycling Studio
09.30 <b>STAGESFLIGHT</b> Indoor Cycling Studio	19.30 <b>Indoor Cycling</b> Indoor Cycling Studio	09.30 <b>Stretch &amp; Tone</b> MP Room	18.15 <b>STAGESFLIGHT</b> Indoor Cycling Studio	09.30 <b>Body Conditioning</b> Dance Studio	18.00 <b>STAGESFLIGHT</b> Indoor Cycling Studio	09.30 <b>Aerobics</b> Dance Studio	19.00 <b>Aqua Aerobics</b> Teaching Pool	09.30 Pilates MP Room	08.40 Pilates Dance Studio	10.00 <b>Les Mills BODYPUMP</b> Dance Studio
10.15 <b>Aqua Aerobics</b> Teaching Pool	19.30 <b>Aqua Aerobics</b> Teaching Pool	09.30 <b>Aerobics</b> Dance Studio	18.30 <b>Absolute Abs</b> MP Room	10.30 <b>Fitness Salsa</b> MP Room	19.05 <b>INSANITY®</b> Dance Studio	10.30 <b>Les Mills BODYPUMP</b> Dance Studio	19.05 <b>Step</b> Dance Studio	09.30 <b>Step</b> Dance Studio	09.00 <b>Indoor Cycling</b> Indoor Cycling Studio	11.15 Pilates Dance Studio
10.30 <b>Bums, Legs &amp; Tums</b> Dance Studio	19.30 <b>Circuits</b> Sports Hall	10.30 <b>Yoga</b> MP Room	19.00 <b>Aerobics</b> MP Room	10.30 <b>Indoor Cycling</b> Indoor Cycling Studio	19.15 <b>Aqua Aerobics</b> Teaching Pool	10.30 <b>Absolute Abs</b> MP Room	19.15 <b>Metafit™</b> Dance Studio	09.30 <b>Indoor Cycling</b> Indoor Cycling Studio	10.00 <b>STAGESFLIGHT</b> Indoor Cycling Studio	12.15 Pilates Dance Studio
11.30 <b>Core Conditioning</b> Dance Studio	20.00 <b>Yoga</b> MP Room	10.30 Pilates Dance Studio	19.05 <b>Metafit™</b> Sports Hall	11.30 Pilates MP Room	20.05 <b>Kettlercise®</b> Dance Studio	11.30 <b>Bums, Legs &amp; Tums</b> Dance Studio	19.45 <b>Deep Water Aqua Aerobics</b> Teaching Pool	10.30 <b>Body Conditioning</b> Dance Studio	09.50 <b>Aerobics</b> Dance Studio	16.00 <b>Yoga</b> Dance Studio
12.45 <b>Zumba®</b> Dance Studio	20.05 <b>Kettlercise®</b> Dance Studio	11.00 <b>Aqua Aerobics</b> Teaching Pool	19.15 <b>Indoor Cycling</b> Indoor Cycling Studio	10.30 <b>Zumba®</b> Dance Studio	20.00 <b>STAGESFLIGHT</b> Indoor Cycling Studio	11.30 <b>Tai Chi</b> MP Room	20.00 <b>Bums, Legs &amp; Tums</b> MP Room	10.35 <b>STAGESFLIGHT</b> Indoor Cycling Studio	10.45 <b>Fitball</b> MP Room	
12.45 Pilates MP Room	20.15 <b>Deep Water Aqua Aerobics</b> Teaching Pool	11.30 Pilates Dance Studio	19.15 <b>Aqua Aerobics</b> Teaching Pool	11.30 <b>Absolute Abs</b> Dance Studio		11.45 <b>Aqua Aerobics</b> Teaching Pool	20.15 <b>Yoga</b> Dance Studio	11.30 Pilates Dance Studio	11.00 <b>Zumba®</b> Dance Studio	
14.00 <b>Tai Chi</b> Dance Studio	21.00 <b>Yoga</b> MP Room	11.30 <b>Kettlercise®</b> MP Room	19.15 <b>Body Conditioning</b> Dance Studio	12.00 <b>Yoga</b> Dance Studio		12.30 <b>Aqua Aerobics</b> Teaching Pool	20.55 <b>Yoga</b> Dance Studio	11.30 <b>Metafit™</b> MP Room	12.00 <b>Kettlercise®</b> Dance Studio	
		11.45 <b>Aqua Aerobics</b> Teaching Pool	20.15 <b>Boxafit</b> Dance Studio	13.15 <b>Deep Water Aqua Aerobics</b> Teaching Pool		13.00 <b>Core Conditioning</b> Dance Studio		12.00 <b>Aqua Aerobics</b> Teaching Pool	12.00 <b>Core Conditioning</b> MP Room	
		13.00 <b>Stretch &amp; Tone</b> Dance Studio						12.45 <b>Zumba®</b> Dance Studio		
								14.00 <b>Yoga</b> Dance Studio		
								18.00 <b>Boxafit</b> Dance Studio		
								19.00 <b>STAGESFLIGHT</b> Indoor Cycling Studio		

Please advise your instructor if you are new to group exercise or of any medical conditions that may affect your ability to exercise.

Please ensure you provide at least 48 hours notice if you are unable to attend a class. Failure to do so may result in charges.

Members can book 7 days in advance, either online or by contacting reception.

Non-members may book 2 days in advance.