

class timetable

Monday 4 September to Sunday 17 December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PRIMAL 6.30-7.00am (G)	Powerblast 7.00-7.15am (G)	POWER 6.30-7.00am (G)	Powerblast 7.00-7.15am (G)	PLAY 6.30-7.00am (G)	Spin 9.00-9.45am (GH)	Powerblast 9.30-9.45am (G)
Spin 7.30-8.15am (GH)	Aqua Fit 9.00-9.45am (MP)	Spin 7.00-7.45am (GH)	Aqua Fit 9.00-9.45am (MP)	Spin 7.30-8.15am (GH)	BodyCombat 10.00-11.00am (S/GH)	Legs, Bums & Tums 11.00-12.00pm (GH)
Spin 9.30-10.15am (GH)	Legs, Bums & Tums 9.00-10.00am (S)	Piloxing 9.00-10.00am (S)	Legs, Bums & Tums 9.30-10.30am (S)	Aerobics 9.30-10.30am (S)	Triathlon Spin 10.00-12.00pm (GH)	Abs & Core 12.00-12.25pm (GH)
Ashtanga Yoga 9.30-10.30am (S)	Spin 9.30-10.15am (GH)	Beginners Pilates 10.00-10.45am (S)	Pilates 10.30-11.30am (S)	Pilates 10.30-11.30am (S)	Pilates 11.00-12.00pm (S)	Class types
BodyCombat 10.30-11.30am (S)	Yogalates 10.00-11.00am (S)	Advanced Pilates 10.45-11.30am (S)	Well Fit 2.00-3.00pm (S)	Latino Aqua 12.00-12.45pm (TP)	Powerblast 1.00-1.15pm (G)	Calorie Burning
Spin 5.45-6.30pm (GH)	Yogalates 11.00-12.00pm (S)	Aqua Fit 12.00-12.45pm (TP)	Powerblast 6.00-6.15pm (G)	Powerblast 5.30-5.45pm (G)		Muscle Toning & Endurance
Powerblast 6.00-6.15pm (G)	Health Circuits 2.00-3.00pm (S)	Spin 5.45-6.30pm (GH)	Kickboxing 6.30-7.30pm (GH)	Abs & Core 6.00-6.30pm (G)		All Over Body Workout
BodyCombat 6.00-7.00pm (S)	Powerblast 6.00-6.15pm (G)	Powerblast 6.00-6.15pm (G)	Body Sculpt 6.30-7.30pm (S)	Kettlebell Club 6.00-7.00pm (GH)		Re-Energise & Relax
Pilates 7.00-8.00pm (S)	Legs, Bums & Tums 6.00-7.00pm (GH)	Fat Burner 6.00-6.45pm (S)	Fitness Pilates 7.30-8.30pm (S)	Zumba 7.00-8.00pm (GH)		Specialist
Kettlebell Club 7.30-8.30pm (GH)	Aqua Fit 7.00-7.45pm (TP)	INSANITY 6.45-7.30pm (S)				Water Workout
	Kickboxing 7.00-8.00pm (S)	BodyCombat 7.00-8.00pm (GH)				Primal - Power - Play - Pulse
	BodyBalance 7.00-8.00pm (GH)	Pilates 8.00-8.45pm (S)				

Class locations

S: Studio
G: Gym
GH: Glasshouse
MP: Main Pool
TP: Teaching Pool

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