

Mountbatten Class Timetable

Monday 3 September - Friday 21 December 2018

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|---|---|
| Les Mills GRIT 6.30-6.55am (S) | Les Mills GRIT 6.30-6.55am (S) | INSANITY 6.30-6.55am (S) | Les Mills GRIT 6.30-6.55am (S) | Les Mills GRIT 6.30-6.55am (S) | Ashtanga Yoga 8.00-8.55am (S) | PULSE 8.30-9.00am (G) |
| BodyCombat 7.00-7.45am (S) | POWER 6.30-7.00am (G) | Spin 7.00-7.30am (SS) | PRIMAL 6.30-7.00am (G) | POWER 7.00-7.30am (G) | PLAY 8.30-9.00am (G) | INSANITY 9.00-9.25pm (S) NEW |
| Spin 9.00-9.30am (SS) | BodyPump 7.00-7.45am (S) | Abs Blast 7.30-8.30am (S) | BodyCombat 7.00-7.45am (S) | Spin 7.00-7.30am (SS) | BodyAttack 9.00-9.55am (S) | BodyCombat 9.30-10.25am (S) |
| Booty Build 9.00-9.45am (MH) | Ashtanga Yoga 9.00-9.55am (S) | Spin 9.30-10.00am (SS) | BodyCombat 9.00-9.55am (S) | BodyPump 8.00-8.45am (S) | Spin 9.30-10.00am (SS) | BodyPump 10.30-11.25am (S) |
| BodyPump 9.30-10.30am (S) | Yoga 10.00-10.55am (S) | PULSE 10.00-10.30am (G) | BodyPump 10.00-10.55am (S) | PiYo 9.00-9.55am (S) | Shefit 10.00-10.55am (S) | Les Mills GRIT 5.15-5.45pm (S) |
| Abs Blast 10.00-10.30am (G) | PRIMAL 10.30-11.00am (G) | Body Conditioning 10.00-10.55am (MH) | Zumba 10.00-10.55am (MH) | Spin 9.30-10.00am (SS) | | BodyPump 6.00-6.25pm (S) |
| Zumba 10.00-10.55am (MH) | Sh'Bam 11.00-11.55am (MH) | Aqua Zumba 11.00-11.45am (P) | Pilates 11.00-11.55am (S) | Aerobics 10.00-10.55am (MH) | | Sh'Bam 6.30-7.15pm (S) |
| Pilates 10.45-11.45am (S) | Stroke Swim (Ex Referral) 11.00-11.55am (P) | BodyBalance 11.00-11.55am (S) | Low Impact Circuits 12.00-12.55pm (G) | Yoga 10.00-10.55am (S) | | |
| Kettlebells 11.30-12.00pm (G) | Aqua Fit 12.00-12.45pm (P) | Seated Chair Exercise 2.00-3.00pm (S) | Aqua Circuits 12.15-1.00pm (P) NEW | Sh'Bam 11.00-11.55am (MH) | | |
| Yoga 11.45-12.45pm (S) | Fitball 5.15-6.10pm (S) | Spin 5.30-6.00pm (SS) | INSANITY 5.30-5.55pm (S) | Aqua Fit 12.00-12.45pm (P) | | |
| Aqua Fit 12.00-12.45pm (P) | Spin 5.30-6.15pm (SS) | POWER 6.00-6.30pm (G) | Shefit 6.00-6.55pm (S) | GP Aqua Fit 2.30-3.30pm (P) | | |
| GP Aqua Fit 2.30-3.30pm (P) | Circuits 6.00-6.55pm (MH) | BodyPump 6.00-6.55pm (S) | Spin 6.00-6.45pm (SS) | Sh'Bam Express 5.30-5.55pm (MH) NEW | | |
| Les Mills GRIT 5.15-5.45pm (S) | Booty Build 6.15-7.00pm (S) | BodyCombat 6.00-6.55pm (MH) | Circuits 6.00-6.55pm (MH) | PULSE 6.00-6.30pm (G) | | |
| POWER 5.30-6.00pm (G) | BodyCombat 7.00-7.55pm (MH) | On The Edge Spin 6.15-7.00pm (SS) | BodyCombat 7.00-7.55pm (MH) | BodyPump 6.00-6.55pm (S) | | |
| Spin 5.30-6.00pm (SS) | Shefit 7.00-7.55pm (S) | BodyAttack 7.00-7.55pm (S) | Kundalini Yoga 7.00-7.55pm (S) | | | |
| BodyPump 6.00-6.55pm (S) | BodyBalance 8.00-9.00pm (S) | Legs, Bums & Tums 7.00-7.55pm (MH) | Aqua Fit 7.00-8.00pm (P) | | | |
| Zumba 6.00-6.55pm (MH) | | Aqua Fit 7.00-8.00pm (P) | BodyBalance 8.00-9.00pm (S) | | | |
| BodyCombat 7.00-7.55pm (S) | | BodyCombat 8.00-8.55pm (S) | touchtennis 8.00-9.00pm (MH) | | | |
| Box Fit 7.00-7.55pm (MH) | | | | | | |
| Aqua Zumba 8.00-9.00pm (P) | | | | | | |
| Yoga 8.00-9.00pm (S) | | | | | | |

Class types

Calorie Burning

Muscle Toning & Endurance

All Over Body Workout

Re-Energise & Relax

Specialist

Water Workout

Introductory Low Impact

PRIMAL - POWER - PLAY - PULSE

S studio
 SS spin studio
 MH main hall
 G gym
 P pool