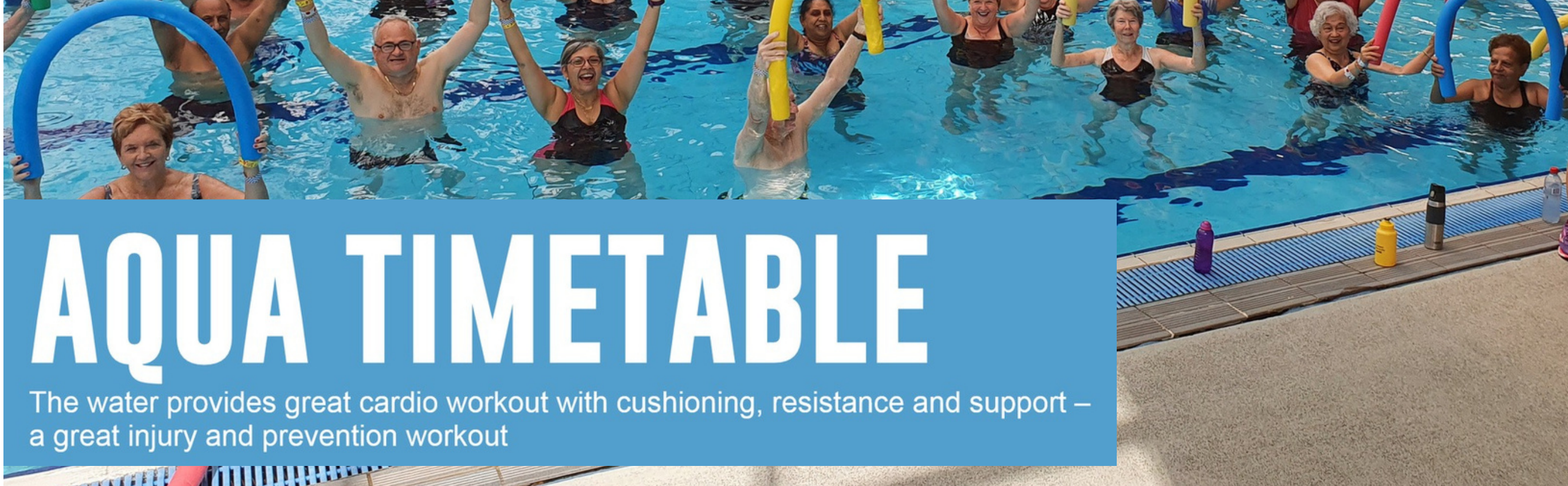


GROUP FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	BOOT CAMP	HIIT ZONE	HIIT ZONE	BOOT CAMP	HIIT ZONE		
7:10am						LES MILLS BODYPUMP Alecia	
8:00am						LES MILLS BODYCOMBAT Ammany	LES MILLS GRIT Ana
8:15am					GENTLE Carmela		
8:30am							LES MILLS CORE Ana
9:15am		LES MILLS BODYATTACK Clara					
9:30am	LES MILLS BODYPUMP Chris		LES MILLS BODYPUMP Ammany	LES MILLS BODYCOMBAT Irina	LES MILLS BODYATTACK Karola		
10:00am		LES MILLS CORE Jodie					
10:30am				LES MILLS BODYBALANCE Irina	LES MILLS Shapes Karola		
10:45am	Gold Total Jeannie	Gold Total Claudia	Gold Total Jeannie				
11:30am	Chair Yoga Lola		Chair Yoga Lola	Fall Prevention Roger			
5:30pm	LES MILLS BODYPUMP Ammany	LES MILLS BODYCOMBAT Gwen	LES MILLS BODYATTACK May	LES MILLS GRIT Jako			
6:00pm			LES MILLS BODYPUMP May				
6:15pm		LES MILLS Shapes Gwen					
6:30pm	LES MILLS BODYCOMBAT Ammany						

WELLNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am	PILATES Rossana					
9:00am						YOGA Samantha
9:30am			PILATES Rossana			
10:30am	YOGA Lola		YOGA Lola			
10:45am					TAI CHI Gwen	IN THE DANCE STUDIO ←



AQUA TIMETABLE

The water provides great cardio workout with cushioning, resistance and support – a great injury and prevention workout

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am	AQUA Jeannie	AQUA Claudia	AQUA	AQUA Claudia	AQUA Gwen
9:30am		AQUA Claudia	AQUA	AQUA Claudia	AQUA Gwen
7:15pm	AQUA Claudia	AQUA Gwen		AQUA Claudia	

CLASS DESCRIPTION

GRIT ®
Get the power of personal training with the motivation of a team in this 30 minute workout designed to get you super fit super-fast.

LES MILLS SHAPES ®
A low impact total body interval based training workout inspired by Pilates, Power Yoga and Barre, designed to find the hot spot.

BODYCOMBAT ®
An energetic mix of martial arts, boxing and cardio, designed to get you fit, fast and strong.

LES MILLS CORE ®
The ultimate way to get a tight and toned core, taking your abs to the next level.

BODYATTACK ®
A sport inspired cardio workout for building strength and stamina.

BODYPUMP ®
A non-impact class designed to work all the major muscles groups of your body.

BODYBALANCE ®
A new generation Yoga class, incorporating elements of Pilates and Tai Chi.

GOLD Total
Simple exercises aimed at increasing coordination, balance, strength, fitness and flexibility. Suitable for beginners, over 50s and rehab clients.

YOGA
A powerful flowing, energetic practice that builds strength, flexibility, and mindfulness through continuous movement.

CHAIR YOGA
A gentle form of yoga that's practiced while seated or using a chair for support

PILATES
A total body workout focusing on strength, mobility, endurance, body alignment and breath control.

CARDIO FIIT
A HIIT cardio workout, incorporating speed, agility and short sharp interval training, designed to burn more fat in less time,

LINE DANCING
A fun and exciting dance class with repeated sequences and steps.

HIIT ZONE
The fastest way to increase your fitness, strength and speed through interval and circuit training.

PIN-LOADED CIRCUIT
A multi-station workout designed to build strength through a combination of pin-loaded equipment.

BOOTCAMP
Your fast track to fitness transformation.

GENTLE
Total body strength, incorporating functional balance and stability.

TAI CHI
A gentle workout involving a series of slow flowing movements and postures to improve both physical and mental well-being.

FALL PREVENTION
Designed to help improve balance, strength, coordination, and confidence in everyday movement.