

MONDAY

Boot Camp	7.15am-8.00am	Studio 1
Spin	7.15am-8.00am	Spin Studio
LBT	10.10am-10.55am	Studio 1
Aqua Aerobics	10.15am-11.00am	Leisure Pool
Zumba	11.00am-12.00pm	Studio 1
BODYATTACK	12.15pm-1.00pm	Studio 1
Spin	1.00pm-1.45pm	Spin Studio
Spin	5.20pm-5.50pm	Spin Studio
HIIT Training	5.30pm-6.00pm	Skyline Suite
CX-WORX	5.30pm-6.00pm	Studio 1
Kettlebells	5.30pm-6.00pm	Studio 2
BODYCOMBAT	6.00pm-7.00pm	Studio 1
Spin	6.00pm-7.00pm	Spin Studio
Zumba	6.05pm-6.50pm	Skyline Suite
Pilates	6.10pm-6.55pm	Studio 2
BODYPUMP	7.10pm-8.10pm	Studio 1
BODYBALANCE	8.15pm-9.15pm	Studio 1
Swimfit	8.30pm-9.30pm	Comp Pool

TUESDAY

Swimfit	6.45am-8.15am	Comp Pool
Spin	7.15am-8.00am	Spin Studio
BODYATTACK	10.00am-11.00am	Studio 1
Aqua Aerobics	10.15am-11.00am	Leisure Pool
Silver Circuits/Aerobics	10.30am-11.15am	Skyline Suite
Body Conditioning	11.15am-12.00pm	Studio 1
Easytone	11.15am-12.00pm	Studio 2
LBT	12.15pm-1.00pm	Studio 1
Pilates	12.15pm-1.00pm	Studio 2
Hatha Yoga	5.30pm-7.00pm	Skyline Suite
BODYPUMP	5.30pm-6.30pm	Studio 1
Kettlebells	5.30pm-6.00pm	Studio 2
viPR	6.15pm-6.45pm	Studio 2
Spin	6.40pm-7.25pm	Spin Studio
BODYATTACK	6.45pm-7.45pm	Studio 1
Hatha Yoga	7.15pm-8.15pm	Skyline Suite
Aqua Fusion	7.20pm-8.05pm	Leisure Pool
BODY COMBAT	7.45pm-8.45pm	Studio 1

WEDNESDAY

BODYATTACK	7.15am-8.15am	Studio 1
Spin	7.15am-8.00am	Spin Studio
LBT	10.00am-11.00am	Studio 1
Silver Circuits/Aerobics	10.15am-11.15am	Skyline Suite
BODYBALANCE	11.00am-12.00pm	Studio 1
Spin	11.30am-12.15pm	Spin Studio
BODYPUMP	12.15pm-1.00pm	Studio 1
Spin	1.10pm-1.55pm	Spin Studio
viPR	5.15pm-5.45pm	Studio 2
CX-WORX	5.30pm-6.00pm	Studio 1
BODYATTACK	6.0pm-7.00pm	Studio 1
Soin	6.10pm-6.55pm	Spin Studio
LBT	6.15pm-7.00pm	Studio 2
BODYCOMBAT	7.15pm-8.00pm	Studio 1
Pilates	7.15pm-8.00pm	Studio 2

THURSDAY

Swimfit	7.00am-8.00am	Leisure Pool
BODYPUMP	7.15am-8.15am	Studio 1
Spin	7.15am-8.00am	Spin Studio
Zumba	10.00am-11.00am	Studio 1
Spin	10.15am-11.00am	Spin Studio
Aqua Aerobics	10.15am-11.15am	Leisure Pool
BODYATTACK	11.15am-12.00pm	Studio 1
Kettlebells	11.15am-11.45am	Studio 2
viPR	12.00pm-12.30pm	Studio 2
Swimfit	12.00pm-1.30pm	Comp Pool
CX-WORX	12.15pm-12.45pm	Studio 1
Chairobics	12.40pm-1.25pm	Studio 2
Line Dancing	1.00pm-2.30pm	Studio 1
Yoga	2.30pm-3.45pm	Studio 1
Hatha Yoga	5.30pm-7.00pm	Skyline Suite
LBT	5.30pm-6.00pm	Studio 1
Kettlebells	5.30pm-6.30pm	Studio 2
BODYATTACK	6.00pm-7.00pm	Studio 1
Spin	6.10pm-6.55pm	Spin Studio
BODYPUMP	7.00pm-8.00pm	Studio 1
TRX Suspension	7.15pm-7.45pm	Studio 2
BODYBALANCE	8.15pm-9.15pm	Studio 1

FRIDAY

Spin	7.15am-8.00am	Spin Studio
Aerobics	10.00am-10.45am	Studio 1
Hatha Yoga	10.45am-12.00pm	Studio 1
LBT	12.00pm-12.45pm	Studio 2
BODYPUMP	12.15pm-1.00pm	Studio 1
BODYATTACK	1.10pm-1.55pm	Studio 1
Line Dancing	2.00pm-3.30pm	Studio 1
BODYATTACK	5.30pm-6.15pm	Studio 1
Spin	5.30pm-6.15pm	Spin Studio
BODYPUMP	6.30pm-7.15pm	Studio 1
Dynamic Yoga	7.20pm-8.20pm	Studio 1
Swimfit	7.30pm-9.30pm	Comp Pool

SATURDAY

Spin	9.00am-10.00am	Spin Studio
Zumba	9.30am-10.15am	Studio 1
LBT	10.15am-11.15am	Studio 1
Step	11.15am-12.15am	Studio 2
BODYPUMP	11.20am-12.20pm	Studio 1
Abs Unlimited	12.30pm-1.00pm	Studio 1

SUNDAY

BODYPUMP	10.00am-11.00am	Studio 1
Pilates	11.15am-12.15pm	Studio 1
Spin	11.15am-12.15pm	Spin Studio
BODYPUMP	3.00pm-4.00pm	Studio 1
BODYCOMBAT	4.00pm-4.45pm	Studio 1

Please check for any alterations on the website before attending the class.

