



Fitness Classes Timetable w/c 14th September

Monday			
Class	Instructor	Time	Location
Indoor Cycling	Shelley	7:00 – 7:45	Studio
Pump	Lisa	9:30 – 10:15	Studio
Pump	Lisa	10.30 – 11.15	Studio
50+ Fitness	Lisa	11:30 – 12:30	Studio
Aquafit	Lisa	12.25 – 12.55	Pool
Aquafit	Lisa	12.55 - 1330	Pool
Dance Fitness	Lisa	14:00 – 15:00	Studio
Pilates	Louisa	1730 - 1815	Lounge
Body Conditioning	Louisa	1830 – 19.15	Lounge
Indoor Cycling	Richard	17:30 – 18:15	Studio
		18:30 – 19:15	
Yoga	Mick	19:30 – 20:15	Lounge

Tuesday			
Class	Instructor	Time	Location
Indoor Cycling	Carla	7:00 – 7:45	Studio
Gentle Yoga	Paula	8:00 – 9:00	Studio
Attack	Becky	9:30 – 10:15	Studio
Dance Fitness	Lisa	10:30 – 11:15	Studio
		11:30 – 12:15	
Pilates	Viv	12:30 – 13:30	Studio
Aquafit	Michaela	1300 – 13.45	Pool
Indoor Cycling	Lisa	17:30 – 18:15	Studio
Legs, Bums & Tums	Louisa	18:30 – 19:15	Studio
Aquafit	Leonie	19.15 – 20.00	Pool
Legs, Bums & Tums	Louisa	19:30 – 20:15	Studio
Stott Pilates	Louisa	20:30 – 21:15	Studio

Wednesday			
Class	Instructor	Time	Location
Body Blast	Zoe	7:00 – 7:45	Studio
Gentle Yoga	Patricia	8:00 – 8:45	Lounge
Legs Bums and Tums	Lisa	8.30 – 9.15	Studio
Legs, Bums & Tums**	Lisa	9:30 – 10:15	Studio
Pump	Lisa	10:30 – 11:15	Studio
50+ Fitness	Lisa	11:30 – 12:15	Studio
Pilates	Viv	12:30 – 13:30	Studio
Aquafit	Lisa	13.25 – 13.55	Pool
		13.55 – 14.30	
Indoor Cycling	Richard	17:30 – 18:15	Studio
		18:30 – 19:15	Studio
Body Conditioning	Zoe S	19:30 – 20:15	Studio
Dance Fitness	Mel	20:30 – 21:15	Studio



Thursday			
Class	Instructor	Time	Location
Indoor Cycling	Dawn	7:00 – 7:45	Studio
Interval Conditioning	Zoe S	9:30 – 10:15	Studio
Xpress Abs	Zoe S	10:30 – 11:00	Studio
Dance Fitness beginners	Lisa	11.15 – 12.00	Studio
50+	Lisa	12.15 - 1300	Studio
Dance Fitness	Lisa	1315 - 1400	Studio
Aqua Zumba	Emma	13.45 – 14.15 14.15 – 14.50	Pool
Body Conditioning	Louisa	17:30 – 18:15	Studio
Dance Fitness	Louisa	18:30 – 19:15	Studio
Aquafit	Leonie	19.15 – 20.00	Pool
Indoor Cycling	Emily	19:30 – 20:15	Studio
Stott Pilates	Louisa	20:30 – 21:15	Studio

Friday			
Class	Instructor	Time	Location
Body Blast	Zoe S	7:00 – 7:45	Studio
Indoor Cycling & Abs	Michaela	8:30 – 9:15	Studio
Body Conditioning	Lisa	9:30 – 10:15	Studio
Dance Fitness	Lisa	10:30 – 11:15	Studio
Stott Pilates	Louisa	11:30 – 12:15	Studio
Hatha Yoga	Mick	12.30 – 13.30	Studio
Aquafit	Lisa	13.45 – 14.30	Pool
Tai Chi	Trevor	15:45 – 16:45	Studio
Indoor Cycling	Carla	17:30 – 18:15	Studio

Saturday			
Class	Instructor	Time	Location
Indoor Cycling	Emily	8:30 – 9:15	Studio
Attack	Becca	9:30 – 10:15	Studio
Pump	Becca	10:30 – 11:15	Studio

Sunday			
Class	Instructor	Time	Location
Indoor Cycling	Shelley	9:00 – 9:45	Studio

*Location subject to change

**Potential to add additional class with reduction in time (to 35 mins) if high demand

This fitness timetable is current as of the 04/09/2020 but may be subject to change. Please check for up to date timetable or ring reception for further details on classes