



# NEW TIMETABLE

EFFECTIVE FROM MON 12 SEPT

## GROUP FITNESS STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5.30 AM	KO BOXING	PILATES	KO BOXING	YOGA	TRANSFORM		
7.00 AM						LES MILLS GRIT STRENGTH	
7.30 AM						KO BOXING	YOGA
8.00 AM	HEARTMOVES		HEARTMOVES		DEFINE 55+		
8.30AM						DEFINITION	
9.00 AM	IGNITION	LES MILLS GRIT STRENGTH	LES MILLS GRIT CARDIO	LES MILLS GRIT STRENGTH	LES MILLS GRIT PLYO		
9.30 AM	DEFINITION	TRANSFORM	MIX	KO BOXING	DEFINITION	PILATES	
10.30 AM	FUNCTIONAL CORE	DEFINE 55+	CORE CONDITIONING	FIT & FAB	PILATES		
11.30 AM		FIT & FAB					
5.00 PM	LES MILLS GRIT STRENGTH		LES MILLS GRIT PLYO				
5.30 PM	PILATES	MIX	TRANSFORM	LES MILLS GRIT CARDIO			
6.00 PM				DEFINITION			
6.30 PM	JUST DANCE	DEFINITION	KO BOXING				

CLASSES ARE:

50  
MINUTES

UNLESS MARKED OTHERWISE

CLASSES MARKED WITH

ARE:

30  
MINUTES

## SPIN STUDIO

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5.30 AM		SPIN		SPIN			
7.30 AM						LES MILLS SPRINT	
8.30AM					LES MILLS SPRINT		
9.30 AM	SPIN		SPIN				
5.30 PM	SPIN		LES MILLS SPRINT				

## SWIMMING POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7.30 AM						AQUA BOOTCAMP	
8.30AM	AQUA MIX	AQUA MIX	TURBULENCE	AQUA MIX	AQUA DEEP	AQUA MIX	AQUA MIX
9.30 AM	AQUA MIX	AQUA DEEP	AQUA MIX	AQUA CIRCUIT	AQUA MIX		
10.30 AM	AQUA SPLASH		AQUA SPLASH		AQUA SPLASH		
5.30 PM		AQUA CIRCUIT					
6.30 PM	AQUA MIX		AQUA DEEP				