

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA FOR ALL STUDIO 09:15 - 10:10 ROBIN	AQUA FIT POOL 09:45 - 10:30 CHRISTINA	BODY COMBAT HALL 09:15 - 10:00 NICOLE	AQUA FIT POOL 10:45 - 11:30 ZOE	BLT HALL 09:15 - 10:00 NICOLE	YOGA FOR ALL STUDIO 07:45 - 08:40 MONICA	PILATES FOR ALL HALL 08:25 - 09:10 FRAN
PILATES V WEIGHTS HALL 10:15 - 11:10 FRAN	YOGA FOR ALL STUDIO 10:00 - 10:55 EMMA	YOGA FOR ALL STUDIO 10:15 - 11:10 NIKKI		YOGA FOR ALL STUDIO 10:15 - 11:10 NIKKI	BODY BALANCE HALL 08:00 - 08:45 ADAM	COUCH TO 5K MEET AT KINGSMEAD 09:05 - 10:05 LUCY
AQUA FIT POOL 10:30 - 11:15 LYNESEY	ZUMBA HALL 10:10 - 10:55 LISSA	BODY PUMP HALL 10:15 - 11:10 FRAN		DEEP AQUA POOL 10:45 - 11:30 JO	BODY ATTACK HALL 08:50 - 09:35 ALEX	PILATES V WEIGHTS HALL 09:15 - 10:10 FRAN
PILATES FOR ALL HALL 11:15 - 12:00 FRAN	YIN YOGA STUDIO 11:00 - 11:55 EMMA	VINYASSA YOGA STUDIO 11:15 - 12:05 NIKKI		PILATES V WEIGHTS HALL 10:15 - 11:10 FRAN	BODY COMBAT HALL 09:35 - 10:20 ALEX	BODY PUMP HALL 10:15 - 11:00 LUCY
	BODY PUMP HALL 11:00 - 11:45 FRAN	DEEP AQUA POOL 11:45 - 12:30 WENDY		VINYASSA YOGA STUDIO 11:15 - 12:05 NIKKI	BODY PUMP HALL 10:25 - 11:10 NICOLE	
		PILATES FOR ALL HALL 11:15 - 12:00 FRAN		PILATES FOR ALL HALL 11:15 - 12:00 FRAN		
GENTLE PILATES HALL 12:05 - 12:50 FRAN		GENTLE PILATES HALL 12:05 - 12:50 FRAN		ACTIVE 50'S HALL 12:10 - 12:55 SOPHIE		
BODY PUMP HALL 17:00 - 17:45 ALEX						
BODY COMBAT HALL 17:45 - 18:30 ALEX				BODY ATTACK HALL 17:30 - 18:15 GABBIE		
PILATES FOR ALL HALL 18:30 - 19:15 FRAN	BOOT CAMP CIRCUITS HALL 18:05 - 18:50 ALEX			BODY COMBAT HALL 18:15 - 19:00 GABBIE		
VINYASSA YOGA HALL 19:30 - 20:20 NIKKI				BODY BALANCE HALL 19:05 - 19:50 GABBIE		

Muscular strength & endurance

Combination of energetic workout & muscular strength & endurance

These timetables may be subject to change

Dance or martial arts

Aqua Aerobics

Strength, core stability, flexibility, relax & energise

Gentle workout for beginners for mature users

Energetic workouts to burn calories & raise heart rate