

# CLASS TIMETABLE

## Monday

10.00 - 10.30 Gym Circuit **Fitness Suite** Fitness Team  
17.45 - 18.30 Body Conditioning **Gymnasium** Hannah  
18.30 - 19.15 Pilates **Gymnasium** Barbara  
18.30 - 19.15 Studio Cycling **Spin Studio** Ivan  
19.15 - 20.00 TF Pump **Gymnasium** Ivan

## Tuesday

17.45 - 18.30 Zumba **Gymnasium** Louise  
17.45 - 18.45 Iyengar Yoga **Spin Studio** Helen  
18.30 - 19.15 Kettlebells **Gymnasium** Kate  
19.15 - 20.00 Studio Cycling **Spin Studio** Kate  
19.15 - 20.00 Box Fit **Gymnasium** Ivan

## Wednesday

08.00 - 08.30 Women's Strength Circuit **Gymnasium** Ganni & Sheila  
10.30 - 11.00 Gym Circuit **Fitness Suite** Fitness Team  
13.00 - 13.30 Studio Cycling **Spin Studio** Ganni  
17.45 - 18.45 Ashtanga Vinyasa Yoga **Gymnasium** Amy  
19.00 - 19.45 HIIT **Gymnasium** Andrius

## Thursday

13.15 - 13.45 Kettlebells **Gymnasium** Charlotte  
17.30 - 18.15 Beginners Pilates **Gymnasium** Michelle  
18.30 - 19.15 Box Cardio **Gymnasium** Lisa  
18.45 - 19.30 Studio Cycling **Spin Studio** Fitness Team  
19.15 - 20.00 Body Conditioning **Gymnasium** Lisa

## Friday

07.15 - 07.45 Studio Cycling **Spin Studio** Fitness Team  
08.00 - 08.30 Women's Strength Circuit **Gymnasium** Ganni  
10.30 - 11.00 Gym Circuit **Fitness Suite** Fitness Team  
13.00 - 13.45 Pilates **Gymnasium** Barbara

## Saturday

09.15 - 10.00 Legs, Bums & Tums **Gymnasium** Louise  
09.30 - 10.15 Studio Cycling **Spin Studio** Fitness Team  
10.00 - 10.45 Pilates **Gymnasium** Louise

## Sunday

10.15 - 10.45 Studio Cycling **Spin Studio** Fitness Team  
11.00 - 11.30 Gym Circuit **Fitness Suite** Fitness Team



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classes via the  
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