

CLASS TIMETABLE

Monday

- 10.00 - 10.30 Gym Circuit **Fitness Suite** Alex
- 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

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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