

CLASS TIMETABLE

Monday

17.45 - 18.30 Body Conditioning **Gymnasium** Elishea

18.30 - 19.15 Pilates **Gymnasium** Barbara

18.30 - 19.15 Studio Cycling **Spin Studio** Alex

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** Alex

19.15 - 20.00 Studio Cycling **Spin Studio** Alex

19.15 - 20.00 Box Fit **Gymnasium** Ivan

Wednesday

10.30 - 11.00 Gym Circuit **Fitness Suite** James

17.45 - 18.45 Ashtanga Vinyasa Yoga **Gymnasium** Amy

19.00 - 19.45 HIIT **Gymnasium** James

Thursday

13.15 - 13.45 Kettlebells **Gymnasium** Charlotte

17.15 - 18.00 Beginners Pilates **Gymnasium** Michelle

18.45 - 19.30 Studio Cycling **Spin Studio** Anthony

Friday

07.15 - 07.45 Studio Cycling **Spin Studio** Fitness Team

13.00 - 13.45 Pilates **Gymnasium** Carla

Saturday

09.15 - 10.00 Legs, Bums & Tums **Gymnasium** Louise

Sunday

10.15 - 10.45 Studio Cycling **Spin Studio** Fitness Team

11.00 - 11.30 Gym Circuit **Fitness Suite** Fitness Team



Book your classes via the MyWellness App

