

# CLASS TIMETABLE

## Monday

Yoga	10.00am
Aqua	10.30am
Cycle-45	6.00pm
Lift-45	7.00pm

## Tuesday

Group Training	6.00am
Fitness Pilates	9.30am
Aqua	11.00am
Body Blast	5.50pm
Yin Fusion Yoga	6.25pm
Nidra Meditation	7.25pm

## Wednesday

Group PT	9.15pm
Zumba	10.00am
Zumba Gold	11.00am
Spin	6.00pm
The Yoga Journey	7.00pm

## Thursday

Group Training	6.00am
Body Blast	9.15am
Yin Fusion Yoga	10.00am
Aqua	10.30am
Dance HIIT	6.00pm
Pilates	7.00pm

## Friday

Dance HIIT	9.00am
Group Training	9.45am
Pilates	10.30am
Circuits	6.00pm

## Saturday

Cycle-45	8.45am
Fitness Pilates	10.00am

Platinum classes do have an additional charge if you are on the Gold membership.