

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
MORNING		7.00-7.45 Gym Floor	Spin Fl	7.00-7.45 Gym Floor	Spin Julia	7.00-7.45 Gym Floor	Spin Circuit Julia	7.00-7.45 Gym Floor	Spin Fl	7.00-7.45 Gym Floor	Spin Julia						
		9.15-9.55 Pool	Aqua Angela	9.15-9.55 Pool	Aqua Cheryl	9.30-10.15 Pool	Aqua Angela	9.30-10.15 Pool	Aqua Angela	9.30.10.15 Pool	Aqua Angela						
								9.30-10.15 Reebok	L B T Tracy	9.30-10.30 Reebok	L B T Jade						
DAYTIME	10am till 5pm	10.00-10.45 Reebok	Move n Groove Angela	10.00-11.00 Reebok	Half & Half Cheryl	10.30-11.30 Reebok	L B T Angela	10.15-11.00 Reebok	Thai Bo Tracy	10.30-11.30 Ki Studio	Pilates Cheryl	9.15-10.00 Reebok	Thai Bo & Abs Tracy	10.30-11.30 Reebok	Pump Cheryl		
		10.45-11.45 Ki Studio	Pilates & Stretch Tracy	11.00-12.30 Ki Studio	Beg Flow Yoga Sonia	11.30-12.30 Ki Studio	Pilates -On The Ball Tracy	11.00-12.00 Reebok	Salsa & Latino Tracy	11.00-11.45 Gym Floor	Spin Fl	10.00-11.00 Reebok	Ultimate Blitz Tracy	11.00-12.30 Ki Studio	Slow Flow Yoga Sonia		
		10.30-11.00 Gym Floor	Spin Fl	12.30-1.15 Reebok	Blast Angela	12.30-1.15 Reebok	70/80's Disco Tracy				12.00-12.45 Ki Studio	Stretch & Balance Amy	11.00-12.00 Ki Studio	Pilates Tracy	11.30-12.30 Ki Studio	Step Natalie	
		11.45-12.45 Reebok	Power Toning Tracy	1.30-2.15 Pool	Aqua Angela	2.00-2.45 Gym Floor	Spin Fl							11.00-12.00 Reebok	Pump Cheryl	12.30-1.15 Gym Floor	Spin Fl
		1.30-2.30 Ki Studio	Tai Chi Nicola											12.00-12.45 Gym Floor	Spin Fl		
EVENING	5pm till 7:00pm	6.00-7.00 Reebok	Pump Natalia	5.45-6.45 Reebok	Hardcore Move Natalie	6.00-6.45 Gym Floor	Spin Fl	6:00-6:45 Gym Floor	Spin Fl	5.30-6.15 Gym Floor	Spin Fl						
		7.00-7.45 Reebok	Spin Cheryl	6.00-6.45 Gym Floor	Spin Fl	6.00-7.00 Reebok	Step Natalie	6.00-7.00 Ki Studio	Pregnancy yoga Emmaline	6.15-7.00 Reebok	Street Funk Dance Tracy						
		7.00-8.00 Reebok	Step Natalie	7.00-8.00 Reebok	Body Toning Jade	6.00-7.00 Ki Studio	Pilates Julia	6.00-7.00 Reebok	Boxercise Julia	7.00.8.00 Reebok	Circuit Training Tracy						
		8.00-9.00 Ki Studio	Ashtanga Yoga Emmaline	7.00-8.00 Ki Studio	Beg Flow Yoga Sonia	7.00-8.00 Reebok	Total Toning Angela	7.00-8.00 Reebok	Pump Circuits Marcos								
						8.00-9.00 Ki Studio	Slow Flow Yoga Sonia	7.30-9.00 Ki Studio	Vinyasa Yoga Emmaline								

A is for Aerobic. Work your heart and lungs, burn calories, and improve cardiovascular fitness, get up and get moving.

C is for Conditioning. Improve your overall body tone, a class to condition and strengthen your body.

E is for Escape. Relax your mind by improving flexibility and posture, an excellent way to keep fit and reduce stress.

SHOP - GYM - SWIM - RELAX