

# STUDIO CLASS TIMETABLE

May 2019 - July 2019

<b>Monday</b>			
07:00-07:45	Advanced Cycle	Gym	Fitness Team
07:45-08:00	Core Blast	Studio/Gym	Fitness Team
10:00-10:45	Fit Forever 65+	Studio/Gym	Fitness Team
11:00-11:45	Aqua Zumba	Pool	Michalena
12:05-12:50	Balance Worx	Studio	Michelle
12:30-13:00	HIIT Cycle	Gym	Fitness Team
17:15-18:00	Body Sculpt & Pump	Studio/Gym	Fitness Team
18:00-18:30	HIIT Cycle	Gym	Fitness Team
18:00-19:00	Dance Fitness	Studio	Danielle
<b>Tuesday</b>			
07:00-07:45	Body Sculpt & Pump	Studio	Fitness Team
07:45-08:00	Core blast	Studio/Gym	Fitness Team
11:00-11:45	Water Fitness	Pool	Fitness Team
12:30-13:00	HIIT Cycle	Gym	Fitness Team
12:30-13:30	Yoga (All levels)	Studio	Michelle
17:30-18:00	HIIT Cycle	Gym	Fitness Team
18:00-18:30	Mundo Dance	Studio	Fitness Team
18:30-19:30	Yogipyoga	Studio	Ross
<b>Wednesday</b>			
07:00-08:00	Boxercise	Studio/Gym	Fitness Team
10:00-10:45	Fit Forever 65+	Studio/Gym	Fitness Team
11:15-11:45	Aqua Zumba	Pool	Michalena
12:00-12:45	Yogipyoga	Studio	Ross
12:30-13:00	HIIT Cycle	Gym	Fitness Team
12:45-13:30	Balance Worx	Studio	Michelle
17:30-18:00	HIIT Cycle	Gym	Fitness Team
18:00-18:45	Body Sculpt & Pump	Studio	Fitness Team
19:00-20:00	Pilates	Studio	Kalbir
<b>Thursday</b>			
07:00-07:30	HIIT Cycle	Gym	Fitness Team
07:30-08:00	Bootcamp Circuits	Studio/Gym	Fitness Team
11:00-11:45	Water Fitness	Pool	Fitness Team
12:15-13:00	Pilates	Studio	Claire
12:30-13:00	HIIT Cycle	Gym	Fitness Team
13:00-13:45	Yogalates	Studio	Claire
17:30-18:30	Mundo Dance	Studio	Fitness Team
18:30-20:00	Hatha Yoga Level 1	Studio	Molly
<b>Friday</b>			
07:00-07:45	Advanced Cycle	Gym	Fitness Team
07:45-08:00	Core Blast	Gym	Fitness Team
11:00-11:45	Fit Forever 65+	Studio/Gym	Fitness Team
12:15-13:00	Aqua Zumba	Pool	Annette
12:15-13:00	Balance Worx	Studio	Michelle
12:30-13:00	HIIT Cycle	Gym	Fitness Team
13:00-13:30	Boxercise	Studio	Fitness Team
13:30-14:00	Balletcanetics	Studio	Annette
17:00-17:30	HIIT Cycle	Gym	Fitness Team
17:30-18:30	Body Sculpt and Pump	Gym/Studio	Fitness Team
18:30-19:30	Pilates	Studio	Kalbir
<b>Saturday</b>			
10:00-10:30	HIIT Cycle	Gym	Fitness Team
10:30-11:00	Bootcamp Circuits	Gym	Fitness Team
11:00-12:30	Yoga	Studio	Kalbir
<b>Sunday</b>			
10:00-10:45	Advanced Cycle	Gym	Fitness Team
10:45-11:00	Core Blast	Studio	Fitness Team