

STUDIO CLASS TIMETABLE

OCTOBER 2018 - JANUARY 2019

Monday

07:00-07:30	Express Cycle	Studio	Fitness Team
07:30-08:00	Legs, Bums & Tums	Studio	Fitness Team
10:15-10:45	'Stay Active' Over 55	Studio/Gym	Fitness Team
11:00-11:45	Aqua	Pool	Michalina
12:05-12:50	Balance Worx	Studio	Michelle
12:30-13:00	Express Cycle	Gym	Fitness Team
13:00-13:30	Boxercise	Studio	Fitness Team
17:30-18:00	HIIT	Gym	Fitness Team
18:00-18:45	Laguna Cycle	Gym	Fitness Team
18:00-19:00	Dance Fitness	Studio	Danielle
19:00-19:30	Pump and Sculpt	Studio	Fitness Team

Tuesday

07:00-07:30	LHS Freestyle	Studio/Gym	Fitness Team
07:30-08:00	Tabata	Studio/Gym	Fitness Team
11:15-12:00	Aqua Zumba	Pool	Michalina
12:30-13:00	Express Cycle	Gym	Fitness team
12:30-13:30	Yoga (All Levels)	Studio	Michelle
13:00-13:15	Fast Abs	Gym	Fitness team
17:30-18:30	STRONG by Zumba	Studio	Lisa
17:30-18:15	Laguna Cycle	Gym	Fitness Team
18:30-19:15	Yoga (All Levels)	Studio	Michelle
18.30-19.00	HIIT	Gym	Fitness Team

Wednesday

07:00-07:45	Boxercise	Gym	Fitness Team
07:45-08:00	Fast Abs	Studio/Gym	Fitness Team
10:15-11:00	'Stay Active' Over 55	Studio/Gym	Fitness Team
11:15-12:00	Aqua	Pool	Michalina
12:30-13:00	Express Cycle	Gym	Fitness Team
12:30-13:15	Balance Worx	Studio	Michelle
13:00-13:30	Kettlebells	TRX Area	Fitness Team
17:30-18:15	Bootcamp Circuits	Studio/Outdoors	Fitness Team
18:15-18:45	Pump and Sculpt	Studio	Fitness Team
19:00-20:00	Pilates	Studio	Kalbir

Thursday

07:00-07:30	Express Cycle	Studio	Fitness Team
07:30-08:00	Tabata	Studio	Fitness Team
11:15-12:00	Aqua	Pool	Michalina
12:15-13:00	Pilates	Studio	Claire
12:30-13:00	Express Cycle	Gym	Fitness Team
13:00-13:15	Fast Abs	Gym	Fitness Team
13:00-13:45	Yogalates	Studio	Claire
17:30-18:15	LHS Running Club	Meet at Reception	Fitness Team
17:30-18:30	Zumba Fitness	Studio	Lisa
18:30-19:15	Laguna Cycle	Gym	Fitness Team
19:15-19:30	Fast Abs	TRX Area / Upstairs	Fitness Team
18:30-20:00	Hatha Yoga Level 1	Studio	Lucy

Friday

07:00-07:45	Laguna Cycle	Gym	Fitness Team
07:45-08:00	Fast Abs	Studio/Gym	Fitness Team
11:00-11:30	'Stay Active' Over 55	Studio/Gym	Fitness Team
12:15-13:00	Aqua Zumba	Pool	Annette
12:15-13:00	Balance Worx	Studio	Michelle
12:30-13:00	Express Cycle	Gym	Fitness Team
13:00-13:30	Legs, Bums & Tums	Studio	Fitness Team
13:30-14:00	Balletcanetics	Studio	Annette
17:30-18:00	Boxercise	Studio	Fitness Team
18:00-18:30	Kettlebells	Studio	Fitness Team
18:30-20:00	Pilates	Studio	Kalbir

Saturday

10:00-10:30	Express Cycle	Gym	Fitness Team
10:30-11:00	LHS Freestyle	Gym	Fitness Team
12:00-13:30	Yoga	Studio	Kalbir

Sunday

10:00-10:45	Laguna Cycle	Gym	Fitness Team
11:00-11:30	LHS Freestyle	Gym	Fitness Team
11:30-11:45	Fast Abs	Gym	Fitness Team