

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY																					
EARLY MORNING																																							
			06:45 07:30	SPIN	STUDIO 2	06:15 06:45	GRIT STRENGTH							06:45 07:30	SPIN	STUDIO 2																							
			★	CAROLINE										★	CAROLINE																								
MID MORNING																																							
09:20 09:50	POWER SPIN	STUDIO 2	09:15 10:15	CLUBBERCISE	STUDIO 1	09:30 10:15	POWER SPIN	STUDIO 2	09:30 10:00	POWER SPIN	STUDIO 2	09:30 10:30	CLUBBERCISE	STUDIO 1	09:20 09:50	SPIN	STUDIO 2	09:20 09:50	SPIN	STUDIO 2	10:00 11:00	BOOT CAMP	STUDIO 1	10:00 11:00	BOOT CAMP	STUDIO 1	11:30 12:30	PILATES	STUDIO 1	11:05 12:05	PILATES	STUDIO 1	11:30 12:30	PILATES	STUDIO 1	11:05 12:05	PILATES	STUDIO 1	
★	NADINE			JOANNA		★	DARREN		★	CAROLINE			JESSICA		★	DARREN		★	CAROLINE																				
10:00 11:00	BODYPUMP	STUDIO 1	10:20 11:05	BODY TONE	STUDIO 1	10:30 11:30	PILATES	STUDIO 1	10:10 11:00	BODYPUMP	STUDIO 1	10:30 11:10	ABS BLAST	STUDIO 1	10:00 11:00	BOOT CAMP	STUDIO 1	10:00 11:00	BOOT CAMP	STUDIO 1	11:00 12:00	ANGLO / JOE		11:00 12:00	ANGLO / JOE														
	KIM			JESSICA			SARA			CAROLINE			JESSICA																										
11:15 12:00	MATURE MOVERS	STUDIO 1							11:15 12:15	YOGA	STUDIO 1	11:15 12:00	MATURE MOVERS	STUDIO 1	11:15 12:00	MATURE MOVERS	STUDIO 1	11:15 12:00	MATURE MOVERS	STUDIO 1	12:00 12:30	ANGIE		12:00 12:30	ANGIE														
	JESSICA									SARA			JESSICA																										

EVENING		
17:45 18:45	BODYPUMP	STUDIO 1
★	CAROLINE	
18:00 18:30	HIT CARDIO	STUDIO 2
★	ANGELO	
18:55 19:55	HATHA YOGA	STUDIO 1
	TINA	
19:15 20:00	SPIN	STUDIO 2
★	DARREN	

17:55 18:55	ZUMBA	STUDIO 1
	ROBERTO	
18:15 18:45	POWER SPIN	STUDIO 2
★	CAROLINE	
19:15 20:15	YOGA	STUDIO 2
★	SARA	
19:00 19:30	GRIT STRENGTH	STUDIO 1
★	CAROLINE	
19:30 20:00	GRIT	STUDIO 1
★	CAROLINE	

18:00 18:45	KETTLEBELLS	STUDIO 2
★	ANGELO	
18:50 19:20	ABS BLAST	STUDIO 2
★	ANGELO	
17:45 18:45	PILATES	STUDIO 1
	JANICE	
19:00 20:00	BOOT CAMP	STUDIO 1
	DARREN	

17:40 18:40	CLUBBERCISE	STUDIO 1
	JESSICA	
18:00 18:30	SPIN	STUDIO 2
★	CAROLINE	
18:45 19:45	BODYPUMP	STUDIO 1
★	CAROLINE	
19:00 20:00	PILATES	STUDIO 2
★	SARA	

17:30 18:30	YOGA	STUDIO 1
	MARIE	
18:30 19:30	BOOT CAMP	STUDIO 1
	ANGELO	

GROUP EXERCISE TIMETABLE

WINTER - SPRING

TABLE KEY	
	DANCE FITNESS
	MIND & FLEX STRECH
	MIXED
	AEROBIC FITNESS
	STRENGTH & CONDITION
	BOOK AT RECEPTION