

Monday

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|-----------------|--------------------------------|-------------|---------|
| 9.00am-10.00am | Legs Bums & Tums | Studio 1 | Julie |
| 10.00am-11.00am | Step Class | Studio 2 | Paula |
| 10.00am-11.00am | Jonny G Spin (Adv) | Spin Studio | Mandy |
| 10.30am-11.30am | Keep Fit 50+ | Studio 1 | Marie |
| 11.45am-12.45pm | Line Dancing 50+ | Studio 1 | Marie |
| 6.00pm-7.00pm | Jonny G Spin (Adv) | Spin Studio | Mandy |
| 6.00pm-7.00pm | Pilates | Studio 2 | Andrea |
| 6.30pm-7.30pm | Body Tone | Studio 1 | Tracy |
| 6.45pm-7.30pm | ZUMBA (<i>Pay for Class</i>) | Main Hall | Natasha |
| 7.00pm-8.00pm | Aerobics | Studio 2 | Julie D |
| 7.30pm-8.00pm | B-Pump Technique | Studio 1 | Colleen |
| 8.00pm-9.00pm | Body Pump | Studio 1 | Colleen |
| 8.00pm-9.00pm | Body Combat | Studio 2 | Naomi |

Tuesday

| | | | |
|-----------------|--------------------|-------------|---------|
| 6.45am-7.30am | Cyclefit | Spin Studio | Julie |
| 9.15am-10.15am | Body Pump | Studio 1 | Colleen |
| 10.00am-11.00am | Jonny G Spin (Adv) | Spin Studio | Mandy |
| 10.00am-11.00am | Pilates | Studio 2 | Tracy |
| 6.30pm-7.30pm | RPM Indoor Cycling | Spin Studio | Tracy |
| 7.00pm-8.00pm | Boxercise | Studio 2 | Warren |
| 7.30pm-8.30pm | Step Up & Dance | Studio 1 | Ola |
| 8.00pm – 9.00pm | Aqua fit | Pool | Mandy |
| 8.00pm-9.00pm | Stretch & Flex | Studio 2 | Tracy |

Wednesday

| | | | |
|-----------------|----------------------------------|--------------|---------|
| 9.30am-10.15am | ZUMBA (<i>Pay for class</i>) | Dance Studio | Paula |
| 10.30am-11.30am | Tai Bo | Studio 2 | Paula |
| 10.30am-11.30am | Keep Fit 50+ | Studio 1 | Marie |
| 11.45am-12.45pm | Line Dancing | Studio 1 | Marie |
| 6.00pm-7.00pm | Jonny G Spin (Adv) | Spin Studio | Mandy |
| 6.30pm-7.30pm | Pilates (<i>Pay for class</i>) | Dance Studio | Roisin |
| 7.45pm-8.30pm | ZUMBA (<i>Pay for class</i>) | Dance Studio | Natasha |
| 8.15pm-9.15pm | Body Combat | Studio 1 | Colleen |

Thursday

| | | | |
|-----------------|--------------------------------|--------------|---------|
| 6.45am-7.30am | Cyclefit | Spin Studio | Julie |
| 9.00am-10.00am | Boxercise | Studio 1 | Warren |
| 10.00am-11.00am | Pilates | Studio 2 | Tracy |
| 10.00am-11.00am | Step Class | Studio 1 | Lisa |
| 12.00pm-1.00pm | 50+ Aqua Aerobics | Pool | Lisa |
| 6.30pm-7.15pm | ZUMBA (<i>Pay for Class</i>) | Dance studio | Natasha |
| 6.30pm-7.30pm | Jonny G Spin (Beg) | Spin Studio | Kishore |
| 7.00pm-8.00pm | Fit ball / circuits | Studio 1 | Julie |
| 7.30pm-9.30pm | Yoga | Studio 2 | Sam |

Friday

| | | | |
|-----------------|--------------------|-------------|---------|
| 9.00am-10.00am | Legs Bums & Tums | Studio 2 | Julie |
| 10.00am-11.00am | Body Combat | Studio 1 | Natasha |
| 10.00am-11.00am | Jonny G Spin (Adv) | Spin Studio | Mandy |
| 6.00pm-7.00pm | RPM Indoor Cycling | Spin Studio | Tracy |
| 7.00pm-8.00pm | Body Pump | Studio 1 | Tracy |

Saturday

| | | | |
|-----------------|-----------------------|-------------|---------|
| 10.00am-11.00am | Jonny G Spin (Adv) | Spin Studio | Mandy |
| 11.00am-12.00pm | Strength&Conditioning | Studio 1 | Michael |

Sunday

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|-----------------|---------------------|-------------|-------|
| 9.30am-10.30am | RPM: Indoor Cycling | Spin Studio | Tracy |
| 10.45am-11.45am | Core Max Workout | Studio 1 | Ola |