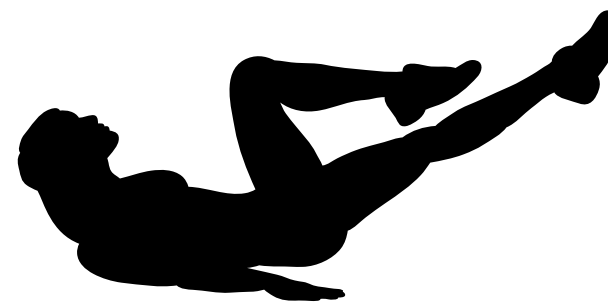


MORNING CLASS TIMETABLE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT 06:45-07:30	GROUP CYCLING 06:40-07:25	CIRCUITS 06:45-07:30	BOOTCAMP 06:45-07:30	BODY CONDITIONING 06:45-07:30	GROUP CYCLING 08:00-08:45	GROUP CYCLING 09:15-10:15
AQUA FIT 09:15-10:00	GROUP TRAINING 09:30-10:15	GROUP CYCLING 09:15-10:00	**ADULT GYMNASTICS 06:45-07:30	PILATES 06:45-07:30	LBT 09:00-10:00	FITNESS YOGALATES 10:30-11:30
LBT 09:30-10:30	PUMP & TONE 09:30-10:30	LADIES GROUP TRAINING 09:30-10:15	KETTLEBELLS & CORE 09:30-10:15	GROUP TRAINING 09:30-10:15	GYM CIRCUIT 09:00-09:45	
LADIES GROUP TRAINING 09:30-10:15	LEGS,BUMS & MUMS 09:30-10:30	QIGONG 09:15-10:15	GROUP TRAINING 09:30-10:15	PUMP & TONE 09:30-10:30	STUDENT STRENGTH 10:15-11:00	
ZUMBA 09:30-10:30	**ADULT GYMNASTICS 09:30-10:15	CORE STRENGTH 10:30-11:15	PILATES 09:30-10:30	PURE STRETCH 09:30-10:30		
GROUP TRAINING 10:45-11:30	SENIOR BODY CONDITIONING 10:45-11:45	PILATES BEGINNERS 10:30-11:30	GROUP TRAINING 10:30-11:15	PURE STRETCH 10:45-11:45		
BEGINNER GROUP TRAINING 11:45-12:30	LADIES STRENGTH TRAINING 10:45-11:30	HEALTH CIRCUITS 11:30-12:15	PILATES & STRETCH 10:30-11:30	BEGINNER GROUP TRAINING 10:45-11:30		
HEALTH CIRCUITS 11:45-12:15	BEGINNER GROUP TRAINING 12:00-12:45	PILATES LEVEL 1 & 2 11:30-12:30	SENIOR BODY CONDITIONING 10:30-11:30	LADIES STRENGTH TRAINING 11:15-12:00		
		AQUA FIT 12:15-13:00	BEGINNER GROUP TRAINING 12:00-12:45	AQUA FIT 12:15-13:00		

- Cardio
- Strength
- Low Impact
- High Intensity

**ADULT GYMNASTICS ON A TUESDAY @09:30 & @19:15 WILL BE STARTING ON THE 12TH SEPTEMBER AT SPACE INFLATERS.
THURSDAY ADULT GYMNASTICS @06:45 WILL ALSO BE DOWN SPACE INFLATERS FROM THE 14TH SEPTEMBER



EVENING CLASS TIMETABLE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LBT 18:00-19:00	PILATES 17:00-18:00	STUDENT STRENGTH 16:00-16:45	STUDENT STRENGTH 16:00-16:45	GROUP CYCLING 18:30-19:15
PILATES 18:00-19:00	GROUP CYCLING 18:00-18:45	ZUMBA 18:00-19:00	ZUMBA KIDS 16:15-17:00	STRONG NATION 18:00-19:00
PILATES 19:00-20:00	BODY CONDITIONING 18:00-19:00	HIIT 18:00-19:00	GROUP CYCLING 18:00-18:45	CLUBBERCISE 19:00-20:00
CIRCUITS 19:00-19:45	PILATES 18:00-19:00	GROUP CYCLING 19:00-19:45	LBT 18:00-19:00	GROUP TRAINING 18:00-18:45
GROUP CYCLING 19:00-19:45	CIRCUITS 19:00-20:00	GROUP TRAINING 19:00-19:45	PILATES 18:00-19:00	
AQUA FIT 19:15-20:00	**ADULT GYMNASTICS 19:15-20:00	CLUBBERCISE 19:10-20:10	PILATES 19:00-20:00	
GROUP CYCLING 20:00-20:45		CIRCUITS 20:15-21:00	GROUP CYCLING 19:00-19:45	
GENTLE STRETCH 20:00-21:00			STRENGTH & CONDITIONING 19:00-20:00	
			AQUA FIT 19:15-20:00	

- Cardio
- Strength
- Low Impact
- High Intensity

****ADULT GYMNASTICS ON A TUESDAY @09:30 & @19:15 WILL BE STARTING ON THE 12TH SEPTEMBER AT SPACE INFLATERS. THURSDAY ADULT GYMNASTICS @06:45 WILL ALSO BE DOWN SPACE INFLATERS FROM THE 14TH SEPTEMBER**

SCAN ME FOR THE CLASS TIMETABLE DESCRIPTIONS ONLINE.

