






















































































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>Group Cycle</b> 06:45am Spin Studio	 <b>Bootcamp</b> 06:45am Studio 1	 <b>Body Attack</b> 08:30am Studio 1	 <b>Group Cycle</b> 07:00am Spin Studio	 <b>Conditioning Circuits</b> 06:45am Studio 1	 <b>Group Cycle</b> 08:15am Spin Studio	 <b>Group Cycle</b> 09:30am Spin Studio
 <b>Total Body Workout</b> 08:30am Studio 1	 <b>Pilates</b> 07:30am Studio 1	 <b>Pilates</b> 08:30am Studio 2	 <b>Group Cycle</b> 08:00am Spin Studio	 <b>Group Cycle</b> 08:00am Spin Studio	 <b>Pilates</b> 09:00am Studio 1	 <b>Body Combat</b> 10:30am Studio 1
 <b>Yoga</b> 09:00am Studio 2	 <b>Group Cycle</b> 07:45am Spin Studio	 <b>Aqua</b> 09:15am Poolside	 <b>Step &amp; Tone</b> 08:30am Studio 1	 <b>Group Cycle</b> 09:00am Spin Studio	 <b>Group Cycle</b> 09:15am Spin Studio	 <b>Body Pump</b> 11:30am Studio 1
 <b>Aqua</b> 09:30am Poolside	 <b>Body Pump</b> 08:30am Studio 1	 <b>Kettlecise</b> 09:30am Studio 1	 <b>Pilates</b> 09:30am Studio 1	 <b>Yoga Vinyasa</b> 09:00am Studio 1	 <b>Boxing Circuits</b> 10:00am Studio 1	 <b>Yoga</b> 11:30am Studio 2
 <b>Body Attack</b> 09:30am Studio 1	 <b>Pilates</b> 09:00am Studio 2	 <b>Pilates</b> 09:30am Studio 2	 <b>Group Cycle</b> 09:30am Spin Studio	 <b>Aqua</b> 09:15am Poolside	 <b>Les Mills Body Balance</b> 10:00am Studio 2	 <b>Yogalates</b> 17:00pm Studio 1
 <b>Group Cycle</b> 09:30am Spin Studio	 <b>Aqua</b> 09:15am Poolside	 <b>Body Pump</b> 10:20am Studio 1	 <b>Pilates</b> 10:15am Studio 2	 <b>Functional Circuits</b> 10:00am Studio 1	 <b>Body Pump</b> 11:00am Studio 1	 <b>Pilates</b> 18:00pm Studio 1
 <b>Core Conditioning</b> 10:00am Studio 2	 <b>Group Cycle</b> 09:30am Spin Studio	 <b>Group Cycle</b> 10:30am Spin Studio	 <b>Total Body Workout</b> 10:30am Studio 1	 <b>Les Mills Body Balance</b> 10:15am Studio 2		
 <b>Body Pump</b> 10:20am Studio 1	 <b>Aerobics</b> 09:30am Studio 1	 <b>Body Combat</b> 11:10am Studio 1	 <b>Body Pump</b> 11:30am Studio 1	 <b>Barre Pilates</b> 11:15am Studio 2		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>Yoga</b></p> <p>11:00am Studio 2</p>	 <p><b>Barre Pilates</b></p> <p>10:15am Studio 2</p>	 <p><b>Body Pump</b></p> <p>12:00pm Studio 1</p>	 <p><b>Yoga</b></p> <p>11:30am Studio 2</p>	 <p><b>Body Conditioning</b></p> <p>12:00pm Studio 1</p>		
 <p><b>Step</b></p> <p>11:15am Studio 1</p>	 <p><b>Legs, Bums and Tums</b></p> <p>10:30am Studio 1</p>	 <p><b>Yoga</b></p> <p>13:00pm Studio 1</p>	 <p><b>Aerotone</b></p> <p>12:30pm Studio 1</p>	 <p><b>Pilates</b></p> <p>12:50pm Studio 1</p>		
 <p><b>Strength &amp; Conditioning</b></p> <p>12:10pm Studio 1</p>	 <p><b>Core Conditioning</b></p> <p>11:30am Studio 2</p>	 <p><b>Yoga Vinyasa</b></p> <p>18:00pm Studio 2</p>	 <p><b>Aqua</b></p> <p>13:30pm Poolside</p>	 <p><b>Yoga</b></p> <p>13:30pm Studio 2</p>		
 <p><b>Pilates</b></p> <p>12:30pm Studio 2</p>	 <p><b>Zumba</b></p> <p>12:00pm Studio 1</p>	 <p><b>Functional Circuits</b></p> <p>18:30pm Studio 1</p>	 <p><b>Group Cycle</b></p> <p>18:00pm Spin Studio</p>	 <p><b>Yoga</b></p> <p>18:00pm Studio 1</p>		
 <p><b>Aqua</b></p> <p>12:30pm Poolside</p>	 <p><b>Zumba Gold</b></p> <p>12:50pm Studio 1</p>	 <p><b>Group Cycle</b></p> <p>19:00pm Spin Studio</p>	 <p><b>Legs, Bums and Tums</b></p> <p>18:30pm Studio 2</p>			
 <p><b>Aerotone</b></p> <p>13:00pm Studio 1</p>	 <p><b>Les Mills Body Balance</b></p> <p>13:40pm Studio 1</p>	 <p><b>Pilates</b></p> <p>19:20pm Studio 1</p>	 <p><b>Body Combat</b></p> <p>19:30pm Studio 1</p>			
 <p><b>Group Cycle</b></p> <p>14:00pm Spin Studio</p>	 <p><b>Aqua</b></p> <p>13:45pm Poolside</p>		 <p><b>Yoga Vinyasa</b></p> <p>19:30pm Studio 2</p>			
 <p><b>Legs, Bums and Tums</b></p> <p>16:00pm Gym Floor</p>	 <p><b>Stretch and Relax</b></p> <p>14:30pm Studio 1</p>					

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**



**Body Pump**

18:00pm  
Studio 1



**Golf Pilates**

16:30pm  
Gym Floor



**Les Mills  
Body Balance**

18:50pm  
Studio 1



**Body Pump**

18:30pm  
Studio 1



**Group Cycle**

19:00pm  
Spin Studio



**Group Cycle**

19:00pm  
Spin Studio



**Body Attack**

19:20pm  
Studio 1



**Yoga**

19:45pm  
Studio 2

Valid from 17/01/2022 to 21/01/2022.