

# ADULT TIMETABLE OF ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
AM	07.15-07.30	Abs Blast   D   G	06.45-07.45	Yoga   Core Conditioning   D   S2	06.45-07.30	Spin   D   CS	06.45-07.45	Multi-Burn & Flexibility   D   S1	06.45-07.30	RPM   D   CS	09.15-10.00	Spin   D   CS	09.30-10.00	Multi-Burn   D   S1
	09.30-10.00	40+ Circuits   D   G	07.00-07.30	Kinesis Strength   D   G   HZ	09.30-10.15	RPM   D   CS	09.30-09.45	Abs Blast   D   G	07.15-07.30 09.30-09.45	Abs Blast   D   G	09.20-10.20	Body Combat   D   S1	10.00-10.15	Abs Blast   D   G-
	09.30-10.15	RPM   D   CS	09.30-09.45	Abs Blast   D   G	09.30-10.30	Postnatal Yoga   D   S2	09.30-10.15	Spin   D   CS	09.30-10.30	Body Pump   D   S1	10.00-10.30	Kinesis HIIT   D   G   HZ	10.00-11.00	Body Sculpt   D   S1
	09.30-10.30	Pilates   D   S2	09.30-10.30	Yoga   Core Conditioning   D   S2	09.45-10.15	HIIT   D   S1	09.30-10.30	Body Balance   D   S2	09.45-10.15	Kinesis Strength   D   G   HZ	10.30-11.30	Body Pump   D   S1	10.15-10.45	Kinesis Strength   D   G   HZ
	09.30-10.30	Step & Tone   D   S1	09.30-10.30	Body Step   D   S1	10.15-10.30	Abs Blast   D   S1	09.45-10.15	Kinesis Strength   D   G   HZ	09.30-10.30	Pilates   D   S2			11.00-12.00	Step & Tone   D   S1
	10.00-11.00	Buggy Babies   D   SC	09.45-10.15	Kinesis HIIT   D   G   HZ	10.30-11.30	Body Pump   D   S1	10.15-10.30	Stretch & Flex   D   G	10.30-11.15	RPM   D   CS				
	10.30-11.30	Interval Aqua   D   P	10.15-10.30	Stretch & Flex   D   G	11.15-12.45	Yoga   D   S2	10.30-11.30	Pilates/Core   D   S2	10.30-11.30	Zumba   D   S1				
	10.30 - 11.30	Aerobics   D   S1	10.30-11.30	Dance Jam   D   S2			10.30-11.30	Step & Tone   D   S1	10.30-11.30	Yoga   D   S2				
	10.30 - 11.30	Body Balance   D   S2	10.45-11.45	Aqua   D   P			11.00-12.00	Aqua   D   P	11.00-12.00	Aqua   D   P				
PM	17.15-18.00	Step & Tone   D   S1	17.30-18.00	HIIT   D   S1	17.30-18.00	Weight Loss Weds Weigh In	18.00-19.00	Kangoo Jumps   D   S2	18.00-18.15	Abs Blast   D   G	16.15-16.45	Kinesis Strength   D   G   HZ	16.15-16.45	Kinesis HIIT   D   G   HZ
	18.00-18.45	Spin   D   CS	18.00-18.30	Kinesis Strength   D   G   HZ	18.00-18.30	Weight Loss Weds Class   D   S1	18.00-18.30	Kinesis HIIT   D   G   HZ	18.00-19.00	Cross Circuits   D   S1			18.00-20.00	Adult Squash Club Night Not Supervised
	18.00-19.00	Foundation Yoga   D   S2	18.00-19.00	Body Pump   D   S1	18.00-18.15	Abs Blast   D   G	18.00-19.00	Body Pump   D   S1						
	18.00-19.00	Body Combat   D   S1	18.00-19.00	Pilates   D   S2	18.00-19.00	Zumba   D   S2	19.00-20.00	Boxercise Blast   D   S1					18.30-20.00	Yoga   D   S2
	18.00-19.00	Outdoor Fitness   D	18.15-19.00	Spin   D   CS	18.30-19.15	RPM   D   CS	20.00-21.00	Aqua   D   P					20.00-21.00	Aqua   D   P
	19.00-20.00	Interval Aqua   D   P	18.30-18.45	Abs Blast   D   G	18.30-19.30	Body Dynamics   D   S1								
	19.00-20.00	Yoga   D   S2	19.00-20.00	Boxercise Circuits   D   S1	19.00-20.00	Swim Fitness   D   P								
	19.10-20.10	Body Pump   D   S1	19.10-20.10	Body Attack   D   S2	19.30-20.30	Fitness   Yoga   D   S2								

**FREE COFFEE**  
in the Pool  
Gallery before  
09.00  
(Mon-Fri only)

High Energy	Dance	Strength	Holistic
Other	A   Easy	B   Intermediate	C   Advanced
D   All Levels	S1   Studio One	S2   Studio Two	G   Gym Floor
CS   Cycle Studio	SC   Squash Court	P   Swimming Pool	TC   Tennis Court
M   Marquee	HZ   HIIT Zone		