

ADULT TIMETABLE OF ACTIVITIES

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | | | | | | |
|----|-------------|--------------------------|-------------|--------------------------|-------------|-----------------------------------|-------------|-----------------------------|-------------|-------------------------|-------------|--------------------|-------------|----------------------|
| AM | 09.30-10.15 | Step & Tone M | 06.45-07.30 | Yoga D S2 | 06.30-07.15 | Spin D S1 | 06.45-07.30 | Multi-Burn D M | 06.30-07.15 | Spin D S1 | 09.30-10.15 | Spin D S1 | 10.00-10.45 | Body Sculpt D M |
| | 09.30-10.15 | Pilates S2 | 09.30-10.15 | Yoga D S2 | 09.30-10.15 | RPM D S1 | 09.30-10.15 | Spin D S1 | 09.30-10.15 | Pilates D S2 | 09.45-10.15 | GRIT D M | 11.00-11.45 | Step & Tone D M |
| | 09.30-10.15 | RPM D S1 | 09.30-10.15 | Body Combat D M | 10.30-11.15 | Body Pump D M | 09.30-10.15 | Body Balance D S2 | 09.30-10.15 | Body Pump D M | 10.30-11.15 | Body Pump D M | 12.00-13.00 | Zumba D M |
| | 10.30-11.30 | Body Balance D S2 | 10.30-11.15 | Dance Jam D S2 | 10.30-11.30 | Body Repair D S2 | 10.30-11.15 | Pilates D S2 | 10.30-11.15 | RPM D S1 | | | | |
| | 10.30-11.30 | Body Balance D SC | 13.00-13.45 | Aqua Gym D P | 12.00-12.45 | Aqua Gym D P | 10.30-11.15 | Step & Tone D M | 10.30-11.15 | Yoga D S2 | | | | |
| | 13.00-13.45 | Aqua Gym D P | | | | | 11.30-12.30 | Body Balance D S2 | 13.00-13.45 | Aqua Gym D P | | | | |
| PM | 17.00-17.45 | Step & Tone D M | 17.00-18.00 | Yoga D S2 | 17.00-18.00 | Yoga D S2 | 18.00-18.45 | Pilates D S2 | 18.00-18.45 | Cross Circuits D M | | | 18.30-20.00 | Yoga D S2 |
| | 18.00-18.45 | Outdoor Fitness D M | 17.00-17.45 | HIIT D M | 17.30-18.15 | Weight Loss Wednesday D M | 19.00-19.45 | Boxercise Circuits D M | | | | | 19.00-19.45 | Aqua Gym D P |
| | 18.00-18.45 | Spin D S1 | 18.00-18.45 | Body Pump D M | 18.30-19.15 | Body Dynamics D M | 20.00-20.45 | Aqua Gym D P | | | | | | |
| | 18.00-18.45 | Yoga D S2 | 18.15-19.00 | Spin D S1 | 18.30-19.15 | RPM D S1 | | | | | | | | |
| | 19.00-19.45 | Yoga D S2 | 19.00-19.45 | Zumba D S2 | | | | | | | | | | |
| | 19.00-19.45 | Body Pump D M | 19.00-19.45 | Boxercise Blast D M | | | | | | | | | | |
| | 20.00-20.45 | Aqua Gym D P | | | | | | | | | | | | |

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| 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 | | |