

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	10:00-10:45	Spin D CS
	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	09:30-10:30	Mundo Dance 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	09:45-10:15	Kinesis HIIT D G	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	10:15-10:30	Abs Blast D G	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	10:30-11:30	Body Pump D S1	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	11:15-12:45	Yoga 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		