

ADULT TIMETABLE OF ACTIVITIES

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
AM	09.30-10.00	Easy Line Circuits D G	06.45-07.45	Yoga Core Conditioning D S2	06.30-07.45	Spin D CS	06.45-07.45	Multi-Burn & Flexibility D S1	06.30-07.45	Spin D CS	09.15-10.00	Spin D CS	10.00-10.45	Spin D CS
	09.30-10.15	RPM D CS	07.00-07.30	Kinesis Strength D G HZ	09.30-10.15	RPM D CS	09.25-10.25	Body Balance D S2	07.15-07.30	Abs Blast D G	09.45-10.30	HIIT D S1	10.00-10.15	Abs Blast D G
	09.30-10.30	Pilates D S2	09.30-10.30	Yoga Core Conditioning D S2	09.30-10.30	Mundo Dance D S1	09.30-9.45	Abs Blast D G	09.30-09.45	Abs Blast D G	10.00-10.30	Kinesis HIIT D G HZ	10.00-11.00	Body Sculpt D S1
	09.30-10.30	Step & Tone D S1	09.30-10.30	Step & Pump D S1	09.45-10.15	Kinesis HIIT D G	09.30-10.15	Spin D CS	09.30-10.30	Body Pump D S1	10.30-11.30	Body Pump D S1	10.15-10.45	Kinesis Strength D G HZ
	10.00-11.00	Buggy Babies D SC	09.30-10.00	Glute Camp D G	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
	10.30-11.30	Interval Aqua D P	10.00-10.30	Kinesis HIIT D G HZ	10.30-11.30	Body Pump D S1	10.15-10.30	Stretch & Flex D G	09.45-10.15	Kinesis Strength D G HZ				
	10.30 - 11.30	Aerobics D S1	10.15-10.30	Stretch & Flex D G	10.30-12.00	Yoga D S2	10.30-11.30	Pilates/Core D S2	10.30-11.15	RPM D CS				
	10.30 - 11.30	Body Balance D S2	10.30-11.30	Dance Jam D S2	11.00-11.30	Weight Loss Weds Weigh In	10.30-11.30	Step & Tone D S1	10.30-11.30	Zumba D S1				
		10.45-11.45	Aqua D P	11.35-12.05	Weight Loss Weds Class D S1	11.15-12.15	Aqua D P	10.30-11.30	Yoga D S2					
		12.15-13.00	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	Pilates D S2	18.00-19.00	Cross Circuits D S1	16.15-16.45	Kinesis Strength D G HZ	16.00-16.30	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	18.30-19.00	Glute Camp D G	18.15-18.30	Abs Blast D G			16.30-17.00	Gym Refresher
	18.00-19.00	Foundation Yoga D S2	18.00-19.00	Body Pump D S1	18.00-18.15	Abs Blast D G	19.00-19.30	Gym Refresher					18.00-20.00	Adult Squash Club Night Not Supervised
	18.00-19.00	Outdoor Fitness D	18.00-19.00	Pilates D S2	18.30-19.15	RPM D CS	19.00-20.00	Boxercise Blast D S1					18.15-18.45	GRIT D S1
	18.15-18.45	GRIT D S1	18.15-19.00	Spin D CS	18.30-19.30	Body Dynamics D S1	19.30-20.30	Aqua D P					18.30-20.00	Yoga D S2
	19.00-20.00	Interval Aqua D P	18.30-18.45	Abs Blast D G	18.30-19.30	Meditation D S2							19.00-20.00	Aqua D P
	19.00-20.00	Yoga D S2	19.00-20.00	Boxercise Circuits D S1	19.00-20.00	Swim Fitness D P								
	19.00-20.00	Body Pump D S1	19.00-19.45	Mundo Dance 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		