

# Adult Class Timetable

Monday	09.30 – 10.15	RPM	Studio 1
	09.30 – 10.15	Pilates	Studio 2
	09.30 – 10.15	Step & Tone	Marquee
	10.30 – 11.15	Body Balance	Studio 2
	17.00 – 17.45	Step & Tone	Marquee
	18.00 – 18.45	Spin	Studio 1
	18.00 – 18.45	Yoga	Studio 1
	18.00 – 18.45	Outdoor Fitness with GRIT	Marquee
	19.00 – 19.45	Yoga	Studio 2
	19.00 – 19.45	Body Pump	Marquee
Tuesday	06.45 – 07.45	Yoga	Studio 2
	09.30 – 10.15	Yoga	Studio 2
	09.30 – 10.15	Mundo Dance	Marquee
	10.30 – 11.15	Dance Jam	Studio 2
	17.15 – 17.45	HIIT	Marquee
	18.00 – 18.45	Body Pump	Marquee
	18.15 – 19.00	Spin	Studio 1
	19.00 – 19.45	Boxercise	Marquee
	19.00 – 19.45	Zumba	Studio 2
Wednesday	06.30 – 07.15	Spin	Studio 1
	09.30 – 10.15	RPM	Studio 1
	10.30 – 11.15	Body Pump	Marquee
	17.30 – 18.15	Weight Loss Wednesday	Marquee
	18.30 – 19.15	RPM	Studio 1
	19.30 – 20.15	Yoga	Studio 1
Thursday	09.30 – 10.15	Body Balance	Studio 2
	09.30 – 10.15	Spin	Studio 1
	10.30 – 11.15	Pilates	Studio 2
	10.30 – 11.15	Step & Tone	Marquee
	12.00 – 12.30	Aqua	Pool
	13.00 – 13.30	Aqua	Pool
	18.00 – 18.45	Pilates	Studio 2
	19.00 – 19.45	Boxercise	Studio 1
Friday	06.30 – 07.15	Spin	Studio 1
	09.30 – 10.15	Body Pump	Marquee
	09.30 – 10.15	Pilates	Studio 2
	10.30 – 11.15	Yoga	Studio 2
Saturday	09.15 – 10.00	Spin	Studio 1
	09.45 – 10.15	HIIT	Marquee
	10.30 – 11.15	Body Pump	Marquee
Sunday	10.00 – 10.45	Body Sculpt	Marquee
	11.00 – 11.45	Step & Tone	Marquee
	18.30 – 20.00	Yoga	Studio 2