


Group Exercise (please bring a towel and drink bottle)							
MAY/JUNE	Mon 31	Tue 01	Wed 02	Thu 03	Fri 04	Sat 05	Sun 06
Early	5.30am CARDIOBLAST Nikki	6.15am BODYPUMP Nikki	6.15am Cycle Class Eliza	6.15am BODYPUMP Rebecca	6.15am Cycle Sarah	7.00am Cycle + Abs Sol	
8 am	Cardiacs Melissa	Vets Health Leigh	FUNCTIONAL FITNESS Linda	Vets Health Leigh	Stretch Melissa	BODYSTEP Nikki	Yoga Nils
9 am	TOTALBODY PLUS Nikki	Pilates Leigh	9am PUMP Tech 9:15am BODYPUMP Linda	BODYATTACK Leigh	CYCLE COMBO Linda	HILO Kevin	BODYSTEP Greg
10 am	BODYPUMP Melissa	Cycle + Abs Leigh <small>Book @Reception from 8.30am</small>	10:15am Conditioning Linda	Spinal Yoga Vicky	BODYPUMP Nikki	Abs + Butts Sol	BODYPUMP Greg
11 am	Total Body Melissa	Stretch Melissa		Stretch Leigh			
12 pm	Basic Pilates Linda	Club 50 Melissa		Club 50 Linda			
3:30pm						PUMP Tech.	
4pm						BODYPUMP Trevor	Cycle Class ☺ Naomi
4.45 pm	BODYSTEP Eliza ☺	Cycle Class Bec H ☺	BODYPUMP Leigh ☺	Step Moves Nikki	Basic Pilates Naomi		
5pm							5pmPilates 5.30pmStretch Naomi ☺
5.30pm	Pilates Leigh	Stretch Leigh 6pm Abs Express Leigh	Yoga Nils	BODYPUMP Sol	BODYATTACK Sol		Wishing Melissa all the VERY BEST as she heads off on maternity leave!
6.30pm	BODYATTACK Leigh	BODYPUMP Leigh	Cycle Class Greg	CARDIOBOX Sol	Cycle Class Sol		
7.30pm	YOGA Nils		Pilates Greg				

Circuits (don't forget your towel and drink bottle!)							
5.30am		Nikki		Rebecca			
6.45am						Naomi	
9am					Bone Circuit Melissa	Check out our AWESOME End of Financial Year Membership Offer!	
11am					Intro Circuit Nikki (60min)		
5pm	Melissa		Melissa				
5.45pm		Bec H					
6.30pm							

Boxing (you will need gloves and a towel for these classes!)							
8am						Sol	
6pm	Rebecca		Eliza				
6.30pm		Naomi					

Aqua (swimming togs and a towel, but don't forget we have dress regulations in the club!)							
9am		Rejuv Ali		Rejuv Rebecca			
10am	Eliza	Ali	Tracey	Rebecca	Melissa	AquaPlus Eliza ☺	Tracey
6.40pm new time	AquaPlus Wendy ☺		AquaBuzz Melissa ☺				

Outside Activities (Please meet at Gym Reception, These classes are weather dependant)							
7am	Walk Nikki		Walk Rebecca		Walk Erinjayne		

TBA = To Be confirmed

☺ Family Friendly class – 12-16yrs invited under close adult supervision

*Please note; advertised instructors are subject to change without notice