


Group Exercise							
(please bring a towel and drink bottle)							
SEPT	Mon 06	Tue 07	Wed 08	Thu 09	Fri 10	Sat 11	Sun 12
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 Tracey	Vets Health Leigh	FUNCTIONAL FITNESS Linda	Vets Health Leigh	STRETCH Sarah	BODYSTEP Nikki	Yoga TBA
9 am	TOTALBODY PLUS Nikki	Pilates Leigh	9am PUMP Tech Linda 9:15am BODYPUMP Linda	BODYATTACK Leigh	CYCLE COMBO Greg	HILO Nikki	BODYSTEP Greg
10 am	BODYPUMP Trevor	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	ZUMBA® Claudine	Stretch Sarah		Stretch Leigh			
12 pm	Basic Pilates Linda	Club 50 Sarah		Club 50 Linda			
3:30pm						PUMP Tech.	
4pm						BODYPUMP Trevor	Cycle Class ☺ Naomi
4.45 pm	BODYSTEP Sarah K ☺	Cycle Class Bec H ☺	BODYPUMP Leigh ☺	BODYSTEP Nikki ☺	Basic Pilates Erinjayne ☺		
5pm							5pm Pilates 5.30pm Stretch Naomi ☺
5.30pm	Pilates Leigh	Stretch Eliza 6pm Abs Express Eliza	Yoga Nils	BODYPUMP Sol	BODYATTACK Sol	<p>We are showcasing the latest craze to the hit the Fitness Industry Monday 11am!</p>  <p>You'll love ZUMBA fitness classes</p>	
6.30pm	BODYATTACK Leigh	BODYPUMP Eliza	CYCLE Greg	CARDIOBOX Sol	Cycle Class George		
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 Sarah	<p>GET READY it's Les Mills LAUNCH Week next week. We have three great new programs coming to you!</p>	
11am					Intro Circuit Nikki (60min)		
5pm	Eliza		Eliza				
5.45pm		Bec H					
6.30pm							

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

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

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