

Group Exercise <span style="float: right;">(please bring a towel and drink bottle)</span>							
SEPT	Mon 13	Tue 14	Wed 15	Thu 16	Fri 17	Sat 18	Sun 19
Early	5.30am <b>CARDIOBLAST</b> Nikki	6.15am <b>BODYPUMP</b> Nikki	6.15am <b>Cycle Class</b> Eliza	6.15am <b>BODYPUMP</b> Rebecca	6.15am <b>Cycle</b> Sarah	7.00am <b>Cycle + Abs</b> Sol	
8 am	<b>Cardiacs</b> Tracey	<b>Vets Health</b> Leigh	<b>FUNCTIONAL FITNESS</b> Linda	<b>Vets Health</b> Leigh	<b>STRETCH</b> Sarah	<b>BODYSTEP LAUNCH</b> Leigh & Naomi	<b>Yoga</b> Nils
9 am	<b>TOTALBODY PLUS</b> Nikki	<b>Pilates</b> Leigh	9am <b>PUMP Tech</b> Linda 9:15am <b>BODYPUMP</b> Linda	<b>BODYATTACK</b> Leigh	<b>CYCLE COMBO</b> Linda	<b>HI LO</b> Kevin	<b>BODYSTEP</b> Greg
10 am	<b>BODYPUMP</b> Trevor	<b>Cycle + Abs</b> Leigh <small>Book @ Reception from 8.30am</small>	10:15am <b>Conditioning</b> Linda	<b>Spinal Yoga</b> Vicky	<b>BODYPUMP</b> Nikki	<b>Abs + Butts</b> Sol	<b>BODYPUMP</b> Greg
11 am	<b>Total Body</b> Bec H	<b>Stretch</b> Linda		<b>Stretch</b> Leigh			
12 pm	<b>Basic Pilates</b> Linda	<b>Club 50</b> Linda		<b>Club 50</b> Linda			
3:30pm						<b>PUMP Tech.</b>	
4pm						<b>BODYPUMP</b> Trevor	<b>Cycle Class</b> ☺ Kendra
4.45 pm	<b>BODYSTEP</b> Eliza ☺	<b>Cycle Class</b> Naomi ☺	<b>BODYPUMP</b> Leigh ☺	<b>BODYSTEP</b> Nikki ☺	<b>Basic Pilates</b> Naomi ☺		
5pm							<b>5pm Pilates</b> <b>5.30pm Stretch</b> Kendra ☺
5.30pm	<b>Pilates</b> Leigh	<b>Stretch</b> Eliza <b>6pm Abs Express</b> Eliza	<b>Yoga</b> Liz	<b>BODYPUMP</b> Sol	<b>BODYATTACK</b> Sol	<b>It's LAUNCH Week of the new Les Mills programs</b> <b>BodyPUMP #75</b> <b>BodySTEP #81</b> <b>BodyATTACK #70</b>	
6.30pm	<b>BODYATTACK LAUNCH</b> Naomi & Leigh	<b>BODYPUMP</b> Eliza & Leigh	<b>CYCLE</b> Greg	<b>CARDIOBOX</b> Sol	<b>Cycle Class</b> George		
7.30pm	<b>YOGA</b> Nils		<b>Pilates</b> Greg				

Circuits <span style="float: right;">(don't forget your towel and drink bottle!)</span>							
5.30am		Nikki		Rebecca			
6.45am						Naomi	
9am					<b>Bone Circuit</b> Sarah	What you did yesterday is who you are, but what you do tomorrow, is who you will become. Get in and give it a go!	
11am					<b>Intro Circuit</b> Nikki (60min)		
5pm	Sarah K		Eliza				
5.45pm		Bec H					
6.30pm							

Boxing <span style="float: right;">(you will need gloves and a towel for these classes!)</span>							
8am						Sol	
6pm	Rebecca		Eliza				
6.30pm		Bec H					

Aqua <span style="float: right;">(swimming togs and a towel, but don't forget we have dress regulations in the club!)</span>							
9am		<b>Rejuv</b> Ali		<b>Rejuv</b> Rebecca			
10am	Eliza	Ali	Ali	Rebecca	Tracey	<b>AquaPlus</b> Sarah K ☺	Tracey
6.40pm <b>new time</b>	<b>AquaPlus</b> Tracey ☺		<b>AquaBuzz</b> Wendy ☺				

Outside Activities <span style="float: right;">(Please meet at Gym Reception, These classes are weather dependant)</span>							
7am	<b>Walk</b> Nikki		<b>Walk</b> Rebecca		<b>Walk</b> 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