

Class Timetable

From Monday 7th March 2022

DAYS	TIME	CLASS	VENUE	INSTRUCTOR
MONDAY	9:15-10:00	Strength & Conditioning	Studio	Gym Team
	10:10-10:50	Morning Hiit	Gym Floor	Gym Team
	11:45-12:45	Pilates	Studio	Chris
	13:00-14:00	Zumba	Studio	Georgia
	18.00-18.45	Total Body Spin	Studio	Michelle
	18.50-19.35	Yogalates	Studio	Michelle
TUESDAY	7:30-8:00	Morning Hiit	Floor	Gym Team
	9:15-10:00	Body Sculpt	Studio	Lisa
	10:15-11:00	Bounce Circuit	Studio	Lisa
	10:20-11:00	Aqua	Pool	Gym Team
	11:15-12:15	Pilates	Studio	Hazel
	18.00-18.45	Combat	Studio	Michelle
	18.50-19.35	Upper Body Blast	Studio	Michelle
WEDNESDAY	9.00-9.45	Total Body Spin	Studio	Michelle
	9:00-9:30	Abs Blast	Gym Floor/ Kinesis	Gym Team
	10.00-10.45	Legs, Bums & Tums	Studio	Michelle
	11.00-12.00	Yoga	Studio	Kerri
	13:00-14:00	Zumba	Studio	Georgia
	14:00-14:30	Kettlebell	Gym Floor	Gym Team
	18:00-19:00	Ashtanga Yoga	Studio	Sarah



ROCKLIFFE HALL
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THURSDAY	7:30-8:00	Morning Hiit	Floor	Gym Team
	9.15-10.00	Keep Fit	Studio	Sue
	9.30-10.00	Kinesis	Kinesis	Gym Team
	10:00-10:30	Kinesis	Kinesis	Gym Team
	10.00-11.00	Pilates	Studio	Sue
	11.15-12.00	Pilates	Studio	Sue
	18.00-18.45	Lower Body Blast	Studio	Michelle
	18.50-19.35	Abs Balance Core	Studio	Michelle
FRIDAY	9:30-10:15	Body Sculpt	Studio	Lisa
	10:20-11:00	Aqua	Pool	Gym Team
	1020-11:05	Block 123	Studio	Lisa
	11:15-12:15	Yoga	Studio	Kerri
	18:00-18:30	Abs Blast	Studio	Gym Team
SATURDAY	9.15-10.00	Total Body Spin	Studio	Michelle
	10.15-11.15	Yogalates	Studio	Michelle
SUNDAY	9:30-10:05	Morning Hiit	Gym Floor	Gym Team
	14:00-14:30	Ride 45	Studio	Gym Team