

CLASS TIMETABLE

MONDAY

9.30-10.15AM	DANCE FOR FITNESS	S2
10.30-11.00AM	SPIN EXPRESS	GYM
10.45-11.30AM	YOGA	S1
6.00-6.45PM	LATIN FIT	S2
6.15-6.45PM	SPIN EXPRESS	GYM
7.15- 8.00PM	POUND	S2

WEDNESDAY

9.30-10.15AM	BODY BLAST	S2
10.30-11.15AM	YOGA	S1
6.00-6.45PM	STEP	S2
7.00-7.45PM	PILATES	S1

FRIDAY

9.15-10.00AM	LATIN FIT	S2
10.15-10.45AM	KETTLEWORK	S2

SATURDAY

SUNDAY

10.30-11.15AM	HIIT/LBT/PIYO MIX (NEW)	S2
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TUESDAY

9.15-10.00AM	CORE CONDITIONING	S1
10.30-11.00AM	SALSACISE (NEW)	S1
5.30-6.00PM	KETTLEWORK	S2
6.15-6.45PM	SPIN EXPRESS	GYM
6.30-7.15PM	EASY AEROBICS	S2

THURSDAY

9.30-10.15AM	CORE CONDITIONING	S1
9.45-10.30AM	POUND	S2
5.30-6.15PM	YOGA	S1
5.45-6.15PM	AEROTONE (NEW)	S2
6.00-6.30PM	SPIN EXPRESS	GYM

CLASS LOCATIONS	
S1 =	STUDIO 1
S2 =	STUDIO 2
GYM	SPINNING AREA - GYM FLOOR

NEW CLASSES

SALSACISE	A Salsa dance and exercise class combined.
EASY AEROBICS	Low impact class, perfect for easing you back into exercise!
AEROTONE	High energy aerobics, incorporating bodyweight strength & toning exercises.
HIIT/LBT/PIYO MIX	A calorie burning, high intensity full body workout combined with slow, controlled toning movements to develop core stability and inner strength.

