

Class Timetable

Monday			
Time	Class	Instructor	Location
06:20 - 07:05	RPM™	Nicola	1
08:50 - 09:35	Aqua Zumba	Siobhan	Pool
09:10 - 10:10	Vinyasa Yoga	Amanda J	2
09:15 - 10:15	Pilates	Jenna	3
09:30 - 10:15	Body Attack™	Michelle	1
10:15 - 11:15	Hatha Yoga	Amanda J	2
10:20 - 11:20	Pilates	Jenna	3
10:30 - 11:15	Body Pump™	Michelle	1
11:00 - 12:00	Cardio Tennis	Alan	TC 1 & 2
11:30 - 12:10	Box Fit	Clint	3
12:00 - 12:30	Rugby Tots 2-3yrs	Kevin	1 / Lawn
12:15 - 13:15	Hatha Yoga	Kerry	2
12:15 - 13:15	Breathwork & Meditation	Laura	3
12:30 - 13:30	Gym Circuits	Ali	Gym
12:40 - 13:10	Rugby Tots 2-3yrs	Kevin	1 / Lawn
13:30 - 14:15	Rugby Tots 4-5yrs	Kevin	1 / Lawn
13:30 - 14:30	Pilates	Andrada	2
16:15 - 17:00	Girl Powerhouse 12-15yrs	Nicky	1
16:30 - 17:30	Youth Gym	Daniel	Gym
17:00 - 18:00	Yin Yoga	Kerry	3
17:30 - 18:00	TRX	Daniel	1
18:05 - 18:50	Bootcamp	Lutfiya	1
18:05 - 18:35	Core	Mitch	2
18:15 - 19:15	Yin Yoga	Kerry	3
18:45 - 19:30	Physio Pilates (Block)	Jill	2
19:00 - 19:45	Body Step™	Duncan	1
19:00 - 20:00	Cardio Tennis	Alan	TC 1 & 2
19:45 - 20:30	Physio Pilates (Block)	Jill	2
19:25 - 20:10	Body Balance™	Amanda G	3
20:15 - 21:00	Zumba	Siobhan	3

Tuesday			
Time	Class	Instructor	Location
06:15 - 07:00	Body Pump™	Gemma	1
06:15 - 06:45	HIIT Strength	Michelle	TC1
09:30 - 10:15	Nia	Louise	1
09:30 - 10:15	Step & Conditioning	Wendy	2
09:30 - 10:15	Strength & Resistance	Eve	3
10:40 - 11:10	HIIT Strength	Lutfiya	1
10:30 - 11:15	Pilates	Eve	3
11:00 - 12:00	Beginners Yoga	Kerry	2
11:00 - 12:00	Cardio Tennis	Alan	TC 1&2
11:20 - 11:50	Abs	Lutfiya	1
11:30 - 12:15	Breathwork	Fiona	3
12:15 - 13:00	Zumba Gold	Siobhan	1
12:15 - 13:15	Hatha Yoga	Laura H	2
16:15 - 17:00	Boy Powerhouse 12-15yrs	Mitch	1
17:10 - 18:10	Pilates	Steph	2
17:30 - 18:15	Box Fit	Mitch	SO1
18:00 - 18:45	Body Pump™	Duncan	1
18:20 - 19:20	Pilates For Women's Health	Steph	3
18:20 - 19:20	Vinyasa Yoga	Amanda J	2
19:00 - 19:45	Body Balance™	Duncan	1
19:00 - 21:00	Social Tennis Group	-	TC 1&2
19:30 - 20:30	Yin Yoga	Kerry	2
20:00 - 21:30	Social Pickleball Group	-	1

Wednesday			
Time	Class	Instructor	Location
06:20 - 07:05	RPM™	Michelle	1
09:00 - 09:45	Aqua Deep	Kay	Pool
09:20 - 10:20	Yin Yoga	Angela	2
09:30 - 10:15	Body Combat™	Amanda G	1
09:30 - 10:30	Pilates	Eve	3
10:00 - 11:00	Cardio Tennis	Alan	TC 1&2
10:30 - 11:15	Body Pump™	Angela	1
10:30 - 11:30	Pilates	Pamela	2
10:30 - 11:15	Strength & Resistance	Eve	3
11:40 - 12:40	Hatha Yoga	Laura H	2
11:35 - 12:20	Body Balance™	Michelle	3
12:00 - 13:00	Cardiac Rehab	Wendy G	1
12:30 - 13:30	Gym Circuits	Daniel	Gym
13:30 - 14:30	Pilates	Andrada	2
16:30 - 17:30	Youth Gym	Daniel	Gym
17:30 - 18:15	Beginners Strength & Conditioning	Nicky	2
17:30 - 18:15	Kettlebells	Lutfiya	1
17:40 - 18:10	Les Mills Core	Michelle	3
18:20 - 19:20	Pilates	Lutfiya	3
18:25 - 19:10	RPM™	Michelle	1
18:30 - 19:15	Physio Pilates (Block)	Anna	2
19:15 - 20:00	HIIT Strength & Core	Michelle	1

Thursday			
Time	Class	Instructor	Location
06:15 - 06:45	HIIT	Gemma	1
06:50 - 07:20	Abs Blast	Gemma	1
09:00 - 10:00	Vinyasa Yoga	Amanda J	2
09:15 - 10:15	Nia	Louise	1
09:30 - 10:30	Physio Gym	Clare	Gym
09:50 - 10:35	Aqua Strength (shallow)	Eve	Pool
10:00 - 11:00	Cardio Tennis	Alan	TC 1&2
10:05 - 11:05	Hatha Yoga	Amanda J	3
10:30 - 11:15	Total Body Workout	Wendy	1
11:00 - 11:45	Physio Pilates (Block)	Julie	2
11:30 - 12:30	Pilates	Steph	1
12:00 - 12:45	Physio Pilates (Block)	Julie	2
12:45 - 13:45	Pilates	Steph	1
13:00 - 13:45	Physio Pilates (Block)	Julie	2
13:50 - 14:35	Move Better	Wendy G	Pool
14:30 - 15:30	Intermediate Pilates	Donna	3
16:00 - 16:40	Mini Sports Stars 6-8yrs	Mitch	1
16:45 - 17:30	Sports Stars 9-12yrs	Mitch	1
17:15 - 17:45	Beginners HIIT	Nicky	2
17:30 - 18:15	Ski Fit (Block)	Lutfiya	3
17:45 - 18:30	RPM	Lorraine	1
17:50 - 18:20	Beginners Core	Nicky	2
18:00 - 19:00	Cardio Tennis	Alan	TC 1&2
18:35 - 19:35	Iyengar Yoga	Fiona	2
18:35 - 19:35	Breathwork	Fiona W	3
18:45 - 19:30	Circuits	Mitch	1
19:45 - 20:30	Legs, Bums & Tums	Wendy R	2
20:00 - 21:30	Social Pickleball Group	-	1

Friday			
Time	Class	Instructor	Location
06:30 - 07:00	Fatburn Extreme	Michelle	1
08:45 - 09:45	Pilates	Donna	3
08:50 - 09:35	Aqua	Angela	Pool
09:00 - 09:45	Body Balance™	Sally	2
09:30 - 10:15	Body Conditioning	Wendy	1
09:50 - 10:50	Pilates	Donna	3
10:30 - 11:00	TRX	Daniel	1
11:00 - 12:00	Yoga	Donna	3
11:10 - 11:40	HIIT Strength	Daniel	1
12:05 - 12:45	BoxFit	Clint	2
12:05 - 13:05	Pilates	Donna	3
12:30 - 13:30	Gym Circuits	Ali	Gym
12:30 - 13:15	Zumba Gold	Siobhan	1
15:00 - 15:30	Gymnastics 3-4yrs	Sali	1
15:35 - 16:10	Gymnastics 5-6yrs	Sali	1
16:00 - 17:00	Yoga For Mens Health	Kerry	2
16:15 - 16:50	Gymnastics 5-6yrs	Sali	1
16:30 - 17:30	Youth Gym	Daniel	Gym
16:55 - 17:35	Gymnastics 7-9yrs	Sali	1
17:00 - 19:00	Friday Night Fun Club (every 2 weeks)	KidSize	3
17:10 - 17:55	Dance Fusion 5-6yrs	Rachel D	2
17:45 - 18:30	Disco Spin	Nicky	1
18:00 - 18:45	Dance Fusion 7-9yrs	Rachel D	2
18:40 - 19:40	Karate 7-12yrs (Block)	David	2

Saturday			
Time	Class	Instructor	Location
08:00 - 08:45	RPM™	Michelle	1
08:00 - 08:45	Bootcamp	Lutfiya	TC3
09:00 - 09:30	Body Pump Express™	Michelle	1
09:30 - 10:00	Hip Hop 4-6yrs (Block)	Sara	2
09:40 - 10:10	Kettlebells	Lutfiya	1
09:40 - 10:10	Les Mills Core	Michelle	3
10:00 - 10:30	Hip Hop 4-6yrs (Block)	Sara	2
10:35 - 11:35	Pilates	Lutfiya	3
10:40 - 11:40	Hatha Yoga	Fiona W	1
10:35 - 11:20	Cheerleading 7-10yrs (Block)	Sara	2
11:45 - 12:45	Pilates	Lutfiya	3
12:30 - 13:15	90's Beginner Spin	Nicky	1
16:00 - 17:00	Karate 6-10yrs (Block)	David	1

Sunday			
Time	Class	Instructor	Location
09:00 - 10:00	Yoga	Louisa	2
09:15 - 10:00	Body Tone	Donna	1
10:00 - 12:00	FunRise 4yrs+ (every 2 weeks)	KidSize	Balmoral
10:10 - 10:40	Core & Balance	Donna	1
11:10 - 12:10	Pilates	Donna	2
12:00 - 13:00	Gym Circuits	Daniel	Gym
12:20 - 13:20	Beginners Pilates	Donna	2