







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 – 10:00 Ladies Zumba Studio 1, 45 minutes	09:00 – 10:00 Pilates Studio 1, 45 minutes	09:00 – 10:00 Ladies Zumba Studio 1, 45 minutes	09:00 – 10:00 Ladies Zumba Studio 1, 45 minutes	09:00 – 10:00 Pilates Studio 1, 45 minutes	09:00 – 10:00 Ladies Zumba Studio 1, 45 minutes	09:00 – 10:00 Ladies Zumba Studio 1, 45 minutes
10:00 – 11:00 Ladies Body combat Studio 1, 45 minutes	10:00 – 11:00 Cycling circuits Studio 1, 45 minutes	10:00 – 11:00 Ladies Tabata and Abs Studio 1, 45 minutes	10:00 – 11:00 Ladies Body combat Studio 1, 45 minutes	10:00 – 11:00 Cycling circuits Studio 1, 45 minutes	10:00 – 11:00 Ladies Tabata and Abs Studio 1, 45 minutes	10:00 – 11:00 Ladies Body combat Studio 1, 45 minutes
11:15 – 12:15 Ladies Legs, Bums and Tums Studio 1, 45 minutes	11:15 – 12:15 Ladies Bootcamp Studio 1, 45 minutes	11:15 – 12:15 Yoga Studio 1, 45 minutes	11:15 – 12:15 Ladies Legs, Bums and Tums Studio 1, 45 minutes	11:15 – 12:15 Ladies Bootcamp Studio 1, 45 minutes	11:15 – 12:15 Yoga Studio 1, 45 minutes	11:15 – 12:15 Ladies Legs, Bums and Tums Studio 1, 45 minutes
12:30 – 13:30 Yoga Studio 1, 45 minutes	12:30 – 13:30 Ladies Steo Studio 1, 45 minutes	17:00-18:00 Ladies Zumba Studio 1, 45 minutes	12:30 – 13:30 Yoga Studio 1, 45 minutes	12:30 – 13:30 Ladies Steo Studio 1, 45 minutes	17:00-18:00 Ladies Zumba Studio 1, 45 minutes	12:30 – 13:30 Yoga Studio 1, 45 minutes
		18:00-19:00 Body conditioning Studio 1, 45 minutes			18:00-19:00 Body conditioning Studio 1, 45 minutes	
		19:00 – 20:00 Bootcamp Studio 1, 45 minutes			19:00 – 20:00 Bootcamp Studio 1, 45 minutes	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00-08:00							
08:00-09:00							
09:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-13:00							
13:00-14:00							
14:00-15:00							
15:00-16:00							
16:00-17:00							
17:00-18:00							
18:00-19:00							
19:00-20:00							
20:00-21:00							
21:00-22:00							

Closed		Ladies only		Male Only		Mixed		Children only	
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00-08:00							
08:00-09:00							
09:00-10:00							
10:00-11:00							
11:00-12:00							
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16:00-17:00							
17:00-18:00							
18:00-19:00							
19:00-20:00							
20:00-21:00							
21:00-22:00							

Closed		Ladies only		Male Only		Mixed			
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