



FITNESS CLASS TIMETABLE

		Monday	Tuesday	Wednesday	Thursday
AM		9:30 - 10:30 Low Impact	9:30 - 10:30 Functional Movement	7:00 - 7:30 Circuits	9:30 - 10:30 Mobility
		11:00 - 12:00 Women's strength	10:30 - 11:30 Mindful Movement	9:30 - 10:30 Low Impact	10:45 - 11:15 Suspension
PM		17:30 - 18:15 Circuits	18:00 - 18:45 Core Conditioning	16:15 - 17:15 Junior Gym	
		18:15 - 19:00 Pump & Tone		18:00 - 18:45 Boxfit	19:30 - 20:30 Pilates
		19:15 - 20:15 Yoga	18:55 - 19:40 Kettlebells	19:00 - 19:45 Suspension & Bodyweight	

		Friday	Saturday	Sunday
AM		9:30 - 10:30 Balance & Flexibility	9:30 - 10:30 HIIT/ Bootcamp (seasonal variations)	10:15 - 11:00 Mind & Motion
			10:45 - 11:45 Women's Strength	
PM		12:30 - 13:30 Pilates		
		17:30 - 18:00 HIIT Circuits		

Book onto classes through the Members' Area
Gym Classes are included in gym membership