



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>9.30am</i>	AQUA Aerobics	BELLS & BARS	TRX & TONE	AQUA Aerobics 9.20am	HIIT		
<i>10:30pm</i>	BODY BLAST	YOGA LATES Bring own mat	GYM INTRO	SPIN & TONE	15 MIN Stability Ball Abs		*10am Group PT
<i>12.30pm</i>	CIRCUITS	HIIT	YOGA LATES Bring own mat	TRX &TONE	LBT TONE	GYM INTRO	GYM INTRO
<i>6.00pm</i>	GYM INTRO	15 MIN AB ATTACK	GYM INTRO	15 MIN Stability Ball Abs	AQUA Aerobics (6.30pm)		
<i>6:30pm</i>	SPIN & ABS	GYM INTRO	HIIT	BODY BLAST	GYM INTRO		
<i>7.15pm</i>	GYM INTRO	BELLS & BARS	7.45pm AQUA Aerobics	GYM INTRO			

Please note timetable is subject to change.

Class duration will vary from 30-45mins long.

Ask staff to add you to our WhatsApp group to keep up to date.

Participants must arrive at least 5 minutes early for ALL classes.

Minimum of 2 participants for class to go ahead

Please inform your trainer of any injury or illness

*Gym Intro can be booked in at reception

*Group PT = Paid class