

# SPA TIMETABLE

Winter 2020

Starts Monday 6th January

DAY	TIME	CLASS	STUDIO
MONDAY	07:15 - 07:45	Up & At Em	Upper / Gym
	09:30 - 10:15	Velo 45	Lower
	10:30 - 11:30	Take it Easy	Upper
	18:15 - 19:15	Fusion	Gym
	19:30 - 20:15	Step Aerobics	Upper
TUESDAY	07:15 - 07:45	Corefit	Upper / Gym
	09:15 - 10:15	HIIT Station	Upper
	10:30 - 11:30	Yoga for All	Upper
	18:30 - 19:30	Metcon	Lower
WEDNESDAY	09:30 - 10:30	Abs Blast	Upper
	11:00 - 11:45	Aqua Fit	Pool
	17:30 - 18:30	Velo HIITS	Lower
	17:30 - 19:00	Ashtanga Yoga	Upper
THURSDAY	07:15 - 07:45	Velo 30	Lower
	09:15 - 10:15	Fusion	Gym
	17:30 - 18:30	Yoga for Beginners	Upper
	18:30 - 19:30	Body Blast	Lower
FRIDAY	07:15 - 07:45	TRX Blast (Limited to 4 people)	Lower
	09:15 - 10:15	Velo Core	Lower
	10:30 - 11:15	Yogalates	Upper
SATURDAY	09:15 - 9:45	Fit N Functional	Upper
	10:00 - 10:45	HIIT Strength	Gym
	10:00 - 11:30	Ashtanga Yoga	Upper
SUNDAY	10:00 - 11:00	Velo 60	Lower
	14:00 - 14:45	TRX (Limited to 4 people)	Lower

Please arrive on time for your class as not only is the warm up and initial instruction crucial for your health and safety but also may cause disruption to other class participants. Should you arrive late, we cannot guarantee you a space in the class.