

SPA TIMETABLE

Winter 2021

Week Beginning 1st November

DAY	TIME	CLASS	STUDIO	Instructor
MONDAY	07:15 – 07:45	Morning 30	Upper	FI
	09:30 – 10:15	Spin 45	Lower	FI
	10:30 – 11:30	Pilates	Upper	Deborah
	18:30 – 19:15	Power Pump	Gym	FI
	19:30 – 20:15	Zumba	Upper	Julie
TUESDAY	09:30 – 10:15	Power Pump	Upper	FI
	10:30 -11:15	Boxfit	Upper	Aaron
	18:00 – 18:45	Metcon	Upper	Steve
	18:45 – 19:30	Hatha Yoga	Upper	Sarah
WEDNESDAY	09:30 – 10:15	Total Body Conditioning	Upper	FI
	10:30 – 11:30	Pilates	Upper	Deborah
	11:00 – 11:45	Aqua Fit	Pool	David
	18:30 – 19:15	Spin 45	Lower	FI
THURSDAY	09:30 – 10:15	Zumba	Upper	Julie
	10:25 – 10:55	Core Conditioning	Upper	FI
	18:00 – 18:25	Fit and Functional	Upper	Steve
	18:30 – 19:15	Weight & Cardio Intervals	Lower	Steve
FRIDAY	07:15 – 07:45	Bootcamp Riser	Upper	FI
	09:30 – 10:15	Spin 45	Lower	FI
	10:30 – 11:15	Pilates	Upper	David
	17:30 - 18:15	Power Pump	Upper	FI
SATURDAY	10:00 – 11:30	Astanga Yoga	Upper	Karen
	10:00 – 10:45	HIIT	Lower	FI
	11:00 – 11:25	Core Conditioning	Lower	FI
SUNDAY	10:00 – 10:45	Hatha Yoga	Upper	Sarah
	11:00 – 11:45	Spin 45	Lower	FI
	14:00 – 14:30	Sunday Slam	Upper	FI

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.