

## New Class Time Table

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00							
09:30							
10:00		Buggy AllStars ©					
10:30	Walking Club (B)	10.00-11.00	Spin-Cycle (B)	Box fit	Tone 'n' Trim	Indoor Cycling	Box fit
11:00	10.30-11.15	Yoga (B)	10.30-11.15	10.30-11.15	10.30-11.15	10.30-11.15	10.30-11.15
11:30		10.30-11.30					
12:00							
12:30				Aqua Fit (B)			
13:00				12.30-13.30			
13:30							
14:00							
14:30							
15:00						Gentle Circuits (B)	
15:30						15.00-15.45	
16:00	Pilates ©						
16:30	16.00-17.00						
17:00							
17:30							
18:00							Sunday Roast (B)
18:30	Cardio-Box (I)	Fast Trax (I)		Gentle Spin (B)	Middle Management		18.00-18.45
19:00	18.30-19.15	18.30-19.15	Running Club	18.30-19.15	18.30-19.00		
19:30			19.00-20.00	Box fit			
20:00				19.30 - 20.15			
20:30							
21:00							
21:30							

Core Training
Box Fit

Indoor Cycling
Circuits or Clubs

Aqua
Mind Body

(B) = Beginner class  
(I) = Intermediate Class  
© = Chargeable Class

