

**MONDAY**

TIME	CLASS	LEVEL	STUDIO
9.30 - 10.15	Aerobics	All	Studio 2
10.15 - 11.00	Total Tone	All	Studio2
11.15 - 12.00	Aqua Aerobics	All	Small Pool
1.00 - 3.00	Kids Party (book this space)		
5.45 - 6.30	Step n Tone	All	Studio 2
6.00 - 8.00	Teen Gym	7-14 yrs	Lower Gym
6.00 - 6.45	Dance Aerobics	All	Studio 1
6.30 - 7.30	Spin Extreme	All	Spin Studio
6.30 - 7.30	Legs, Bums and Tums	All	Studio 2
7.30 - 9.00	Yoga	Adv	Studio 1

**TUESDAY**

TIME	CLASS	LEVEL	STUDIO
9.30 - 10.15	Legs, Bums and Tums	All	Studio 2
10.00 - 11.00	Low Impact Aerobics	Begin	Studio 1
10.15 - 11.15	Triple Challenge	All	Studio 2
11.15 - 12.15	Pilates	All	Studio 1
3.30 - 4.00	Mini Polo	8+	Small Pool
5.15 - 6.00	Total Spin	All	Spin Studio
5.30 - 6.30	Triple Challenge	All	Studio 2
5.45 - 6.30	Aqua	All	Small Pool
6.30 - 7.15	Circuit Training	All	Studio 1
6.30 - 7.30	Total Combat	All	Studio 2
7.00 - 7.45	Total Spin	Adv	Spin Studio
7.30 - 8.30	Total Tone	All	Studio 1

**WEDNESDAY**

TIME	CLASS	LEVEL	STUDIO
10.00 - 10.45	Ultimate Step	All	Studio 2
10.45 - 11.00	Total Tone	All	Studio 2
12.00 - 12.45	Aqua	All	Small Pool
4.15 - 5.15	Family Karate	All	Studio 1
5.30 - 6.30	Karate Core	All	Studio 1
5.45 - 6.30	Aerobics	All	Studio 2
6.30 - 7.15	Swim Fit	8+	Main Pool
6.30 - 7.15	Total Pump	All	Studio 2
6.30 - 7.15	Total Spin	All	Spin Studio
7.00 - 8.00	Boxercise	All	Studio 1
7.15 - 8.00	Legs, Bums and Tums	All	Studio 2
8.00 - 9.00	Yoga	Begin	Studio 2

**THURSDAY**

TIME	CLASS	LEVEL	STUDIO
10.00 - 11.30	Yoga	All	Studio 2
11.30 - 12.15	Total Tone	All	Studio 2
1.00 - 3.00	Kids Party (book this space)		
5.30 - 6.15	Total Step	All	Studio 2
6.00 - 6.30	Begin to Spin	Begin	Spin Studio
6.00 - 7.00	Ball n Tone	All	Studio 1
6.00 - 8.00	Teen Gym	7-14yrs	Lower Gym
6.15 - 7.00	Pilates	All	Studio 2
7.00 - 8.00	Pump and Tone	All	Studio 2
7.15 - 8.00	Aqua	All	Small Pool
7.15 - 8.00	Total Spin	All	Spin Studio
8.00 - 8.45	Ab Attack	All	Studio 2

**FRIDAY**

TIME	CLASS	LEVEL	STUDIO
9.30 - 10.15	Nifty 50's	over 50's	Studio 1
9.30 - 10.15	Step n tone	All	Studio 2
10.15 - 11.15	Pilates	All	Studio 1
11.20 - 11.50	Total Abdominals	All	Studio 1
4.00 - 6.00	Children's Swim Lessons	4+	Small Pool
6.00 - 7.00	Swim Fit	8+	Main Pool
6.00 - 7.00	Boxercise	All	Studio 1

**SATURDAY**

TIME	CLASS	LEVEL	STUDIO
9.00 - 9.45	Total Spin	All	Spin Studio
9.00 - 9.30	Swim A Song	0-3yrs	Small Pool
9.30 - 10.30	Swim Lessons		Small Pool
10.00 - 11.00	Circuit Training	All	Studio 2
11.00 - 12.00	Family Karate		Studio 1
11.00 - 12.30	Yoga	Adv	Studio 2
12.00 - 1.00	Kids Splash		Small Pool
1.00 - 3.00	Kids Party (book this space)		

**SUNDAY**

TIME	CLASS	LEVEL	STUDIO
10.00 - 10.45	Total Spin	All	Spin Studio
11.00 - 12.00	Ball n Tone	All	Studio 1
11.15 - 12.00	Total Step	All	Studio 2
11.00 - 12.00	Swim Fit	8+	Small Pool
1.00 - 2.00	Kids Splash		Small Pool
2.00 - 4.00	Kids Party (book this space)		

- Kids Classes
- Speak to reception about booking
- Adult / Kids Class Link
- Your support is needed. Low numbers of members attending.**