

Class timetable starting Monday 1st April

Day	Time	Class	Duration	Instructor	Venue
Mon	7:00am	HiiT	30	Dave	Sports Hall
	9:30am	Pedal Power	45	Dave	Spin Studio
	10:30am	Vinyasa Yoga	60	Pamela	Class Studio
	5:00pm	Diversity NEW	45	Rob	Various
	6:00pm	Pilates	60	Pamela	Class Studio
	6:00pm	Core Balls	25	Shani	Sports Hall
	6:30pm	HiiT	25	Shani	Sports Hall
	7:00pm	Yoga	60	Sue	Class Studio
	7:00pm	Dance Fit	45	Jennie	Ballroom
Tue	6:45am	Pilates	60	Adrian	Class Studio
	9:30am	Functional Fitness	45	Adrian	Gym
	9:30am	Total Body Tone	45	Sue	Class Studio
	10:30am	Unite	60	Sue	Class studio
	6:00pm	Pedal Power	45	Shani	Spin Studio
	6:00pm	BoxFit	45	Dave	Class Studio
	7:00pm	Legs, bums and tums	60	Shani	Class studio
	7:00pm	Yoga	60	Lorraine	Class studio
Wed	8:00am	Diversity NEW	45	Rob	Various
	9:30am	Core Balls	25	Shani	Sports Hall
	10:00am	HiiT	25	Shani	Sports Hall
	10:30am	Yoga	60	Mina	Class studio
	11:00am	Fundamentals NEW	45	Rob	Gym
	6:30pm	HiiT	25	Dave	Class studio
	7:00pm	Ground Reaction	45	Dave	Class Studio
	7:00pm	Vibe cycle	45	Katie	Spin Studio
Thurs	6:45am	Stretch it	60	Adrian	Class studio
	9:30am	Functional Fitness	45	Adrian	Gym
	9:30am	Pilates	60	Sue	Class Studio
	10:30am	Yoga	60	Sue	Class Studio
	11:00am	Fundamentals NEW	45	Rob	Gym
	5:00pm	Diversity NEW	45	Rob	Various
	6:00pm	Pedal Power	45	Dave	Spin Studio
	6:00pm	LIFT	60	Jennie	Class Studio
Fri	7:45am	Yoga NEW	60	Pamela	Class Studio
	9:00am	Functional Fitness	45	Shani	Gym/Sports Hall
	9:45am	Stretch it	60	Adrian	Class Studio
Sat	8:30am	Tabata HiiT Training	25	Shani	Class Studio
	9:00am	Vibe Cycle	45	Katie	Spin Studio
	9:00am	Diversity NEW	45	Rob	Various
	10:00am	Functional Fitness	45	Shani	Gym/Studio
Sun	9:00am	Functional Fitness	45	Dave	Gym
	10:00am	Yoga	60	Mina	Class studio

Cardio

Mind and Body

Cardio/ Toning

Full Body Fitness

Dance

Core