

Class Timetable Update – 23rd March 2020

Day	Time	Class	Duration	Instructor	Venue
Mon	9:30am	Pedal Power	45	Dave	Cancelled
	10:30am	Vinyasa Yoga	60	Pamela	Ballroom
	6:00pm	Pilates	60	Sue	Ballroom
	6:00pm	Core Balls	25	Shani	Sports Hall
	6:30pm	HiiT	25	Shani	Sports Hall
	7:00pm	Yoga	60	Sue	Ballroom
	7:00pm	Dance fit	60	Jennie	Sports Hall
Tue	6:45am	Pilates	60	Adrian	Ballroom
	9:30am	Functional Fitness	45	Adrian	Sports Hall
	9:30am	Total Body Tone	45	Sue	Sports Hall
	10:30am	Yoga	60	Sue	Ballroom
	4:30pm	Junior Gym	45	Dave	Cancelled
	6:00pm	Functional Fitness <small>NEW</small>	45	Dave	Sports Hall
	6:00pm	Pedal Power	45	Shani	Cancelled
	7:00pm	Legs, bums and tums	60	Shani	Sports Hall
Wed	7:00pm	Yoga	60	Lorraine	Ballroom
	9:30am	Core Balls	25	Shani	Sports Hall
	10:00am	HiiT	25	Shani	Sports Hall
	10:30am	Yoga	60	Mina	Ballroom
	6:00pm	LIFT	60	Jennie	Cancelled
	7:00pm	Functional Fitness <small>NEW</small>	45	Dave	Sports Hall
	7:00pm	Vibe cycle	45	Katie	Cancelled
Thurs	6:45am	Stretch it	60	Adrian	Ballroom
	9:30am	Functional Fitness	45	Adrian	Sports Hall
	9:30am	Pilates	60	Sue	Ballroom
	10:30am	Yoga	60	Sue	Ballroom
	6:00pm	Pedal Power	45	Dave	Cancelled
	7:00pm	Bootcamp <small>NEW</small>	45	Matt	Cancelled
	7:00pm	Yoga	60	Pamela	Ballroom
Fri	6:45am	Yoga	60	Pamela	Ballroom
	9:30am	Functional Fitness	45	Shani	Sports Hall
	10:30am	Stretch it	60	Adrian	Ballroom
Sat	8:30am	Tabata HiiT Training	25	Gym team	Sports Hall
	9:00am	Vibe Cycle	45	Katie	Cancelled
	10:00am	Functional Fitness	45	Gym team	Sports Hall
	11:00am	Junior Gym	45	Gym team	Cancelled
Sun	9:00am	Functional Fitness	45	Dave/Matt	Cancelled
	10:00am	Yoga	60	Shelley	Ballroom
Cardio		Mind and Body			Cardio/ Toning
Full Body Fitness		Dance			Core

Cancelled Classes

Numbers will be reduced to 10 in Yoga, Pilates and Stretch It and will take place in the Ballroom.

Classes will not take place in the Spin Studio or Classroom until further notice.