

	6.45am	7.45am	8.45am	9.45am	10.45am	11.45am	4.15pm	5.15pm	6.15pm	7.15pm	8.15pm	9.15pm
MONDAY	G.CYCLING (Debbie)	KETTLEBELLS (Debbie)	BODY CONDITIONING (Debbie)	PILATES (Debbie)	AW FITNESS (Debbie)	AW ACTIVITY	-	CIRCUITS (Rachel)	G.CYCLING (Rachel)	G.CYCLING (Rachel)	BADMINTON	BADMINTON
TUESDAY	G.CYCLING (*Debbie)	G.CYCLING (*Debbie)	**BARRE (Ally)	PILATES (Ally)	*AW FITNESS (Ally)	AW ACTIVITY	-	*BODY CONDITIONING (Debbie)	*PILATES (Debbie)	YOGA (Debbie)	BADMINTON	BADMINTON
WEDNESDAY	FITNESS YOGA (Ally)	HARD CORE (Ally)	HIIT (Ally)	PILATES (Ally)	AW FITNESS (Ally)	WALKING NETBALL (Ally)	-	CIRCUITS (Iris)	Legs,Bums&Tums (LU)	DANCE FIT (LU)	BADMINTON	BADMINTON
THURSDAY	YOGA (Debbie)	KETTLEBELLS (Debbie)	CARDIO DANCE (Debbie)	PILATES (Ally)	*PILATES (Ally)	AW ACTIVITY	-	BOX HIIT (Ally)	HARD CORE (Ally)	FITNESS YOGA (Ally)	BADMINTON	BADMINTON
FRIDAY	G.CYCLING (Rachel)	G.CYCLING (Rachel)	* TABATA PILATES (Rachel)	YOGA (Sam Neal)	YOGA (Sam Neal)	AW ACTIVITY	-	CIRCUITS (Rachel)	STEP AEROBICS (Rachel)	G.CYCLING (Rachel)	BADMINTON	BADMINTON

	8.15am	9.15am	10.15am	11.15am	12.15pm	1.15pm
SATURDAY	G.CYCLING (*Debbie)	INTERVAL TRAINING (Nicole)	HIRE	HIRE	BADMINTON	BADMINTON
SUNDAY		INTERVAL TRAINING (Nicole)	HIRE	HIRE	BADMINTON	BADMINTON

****BARRE-** a great class for balance, core stability, leg strengthening and posture. Very slight movement but its not a dance class

***New Class/ time/Instructor**