
























































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>Group Cycle</b> 09:30am Spin Studio	 <b>HIIT</b> 06:45am Gym Floor	 <b>Group Cycle</b> 09:30am Spin Studio	 <b>HIIT</b> 06:45am Gym Floor	 <b>Yoga Vinyasa</b> 08:30am Studio 3	 <b>Body Combat</b> 08:30am Studio 1	 <b>Group Cycle</b> 08:45am Spin Studio
 <b>Legs, Bums and Tums</b> 09:30am Studio 1	 <b>Group Cycle</b> 07:30am Spin Studio	 <b>Give Tennis a Go</b> 10:00am Court 4	 <b>Group Cycle</b> 09:30am Spin Studio	 <b>Group Cycle</b> 09:30am Spin Studio	 <b>Les Mills Tone</b> 09:30am Studio 1	 <b>Les Mills Body Balance</b> 09:30am Studio 3
 <b>Body Combat</b> 10:30am Studio 1	 <b>Yoga Hatha</b> 08:15am Studio 3	 <b>Yoga Hatha</b> 10:20am Studio 3	 <b>Pilates</b> 10:30am Studio 3	 <b>Core Conditioning</b> 10:30am Gym Floor	 <b>Group Cycle</b> 09:30am Spin Studio	 <b>HIIT</b> 09:45am Studio 1
 <b>Pilates</b> 10:30am Studio 3	 <b>Mindfulness &amp; Meditation</b> 09:20am Studio 3	 <b>Dance Fit</b> 10:30am Studio 1	 <b>Body Pump</b> 10:30am Studio 1	 <b>Dance Fit</b> 10:30am Studio 1	 <b>Fitness Yoga</b> 10:20am Studio 3	 <b>Yoga Hatha</b> 10:30am Studio 3
 <b>Body Pump</b> 11:00am Studio 1	 <b>Body Combat</b> 09:30am Studio 1	 <b>Pilates</b> 11:30am Studio 3	 <b>Yin Yoga</b> 11:30am Studio 3	 <b>Pilates</b> 11:15am Studio 3	 <b>Body Pump</b> 10:25am Studio 1	
 <b>Aqua</b> 11:30am Poolside	 <b>Group Cycle</b> 10:15am Spin Studio	 <b>Aqua</b> 12:45pm Poolside	 <b>Aqua</b> 12:30pm Poolside	 <b>Tai Chi</b> 12:40pm Studio 3		
 <b>Yoga Restorative</b> 12:30pm Studio 3	 <b>Pilates</b> 12:30pm Studio 3	 <b>Yoga Hatha</b> 18:30pm Studio 3	 <b>Group Cycle</b> 18:20pm Spin Studio	 <b>Yoga Hatha</b> 18:30pm Studio 3		
 <b>Pilates</b> 18:15pm Studio 3	 <b>Core Conditioning</b> 18:30pm Gym Floor	 <b>Body Pump</b> 18:45pm Studio 1	 <b>Body Combat</b> 19:00pm Studio 1			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>Body Pump</b></p> <p>18:30pm Studio 1</p>	 <p><b>Strength Circuits</b></p> <p>18:40pm Studio 1</p>	 <p><b>Group Cycle</b></p> <p>19:40pm Spin Studio</p>	 <p><b>Body Pump</b></p> <p>19:50pm Studio 1</p>			
 <p><b>Group Cycle</b></p> <p>19:00pm Spin Studio</p>	 <p><b>Les Mills Body Balance</b></p> <p>19:15pm Studio 3</p>					
 <p><b>Body Combat</b></p> <p>19:05pm Studio 1</p>						

Valid from 17/01/2022 to 21/01/2022.