



# Class Timetable

## OPENING TIMES

Monday - Friday 6.00am - 10.00pm  
Saturday - Sunday 7.30am - 7.00pm

◀ AM | MIDDAY | PM ▶

Day	AM	MIDDAY	PM
Monday	Circuits (Cage) 6.30 - 7.00	Circuits 9.15 - 10.00	Young@Heart 10.15 - 11.00 Upperbody Blast 12.15 - 12.45 Zumba 17.15 - 17.45 Spin 18.15 - 19.00 Pilates 19.30 - 20.15
Tuesday	Spin 6.30 - 7.15	Body Tone 9.15 - 10.00	Cardio Blast 12.15 - 12.45 Circuits (Cage) 17.15 - 18.00 Yoga 18.00-18.45
Wednesday		Spin 9.15 - 10.00	Pilates 10.30 - 11.15 Lowerbody Blast 12.15 - 12.45 Body Tone 17.15 - 18.00 Tai-Chi 18.30 - 19.15
Thursday		LBT 9.15 - 10.00	HIIT 10.30 - 11.00 Abs Blast 12.15 - 12.45 Spin 17.15 - 18.00 Running 18.15 - 19.00
Friday	Spin 6.30 - 7.15	Pump FX 9.15 - 10.00	Pilates 12.15 - 13.00 HIIT 17.15 - 18.00 The Rig 19.00 - 19.45
Saturday	Spin 8.00 - 8.45	Weekend Warriors 9.00 - 9.45	
Sunday	Pilates 9.00 - 9.45		

## CLASS DESCRIPTIONS

**PLEASE NOTE - ALL CLASSES TAKE PLACE IN THE FITNESS STUDIO UNLESS STATED**

**Blast workouts** 30 minutes in the gym either instructor led or following a routine

**Body Tone** Tone those muscles you didn't even know you had. Boost your metabolism and get set to TONE!

**Circuits** Classic circuit training providing a solid cardio and strength workout.

**The Rig** A core physical workout for all fitness levels. The class is in the Rig area and incorporates: Krank bike, boxing, battle rope, TRX and much more! **IN MAIN GYM**

**HIIT** An interval training class class using mainly weights. Get the blood flowing and muscles pumping.

**LBT** A total lower body workout for all abilities. This will blast your problem areas and tone your Legs, Bum and Tum.

**Pilates** This class is designed to sculpt, strengthen and balance your body. The perfect core workout while focusing your mind.

**Pump FX** An all over body weights class that is sure to burn calories and tone muscles. An all over body blitz!

**Running Club** The ideal group for those who already enjoy pounding pavements or would like to get into running.

**Spin** A high intensity, high calorie burning, fun, indoor group cycling session. **IN SPIN STUDIO**

**Tai-Chi** Respected internal Chinese martial art practiced for both its defence training, its health benefits and meditation.

**Weekend Warriors** an intense gym workout that changes every week to keep you motivated!

**Yoga** This class uses posture and stretches in combination with breathing to develop flexibility and relaxation

**Young @ Heart** Join us for a low intensity, sociable circuits class to keep you active and healthy.

**Zumba** We take the work out of workout by mixing low and high intensity dance moves for a calorie burning fitness party

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