

GROUP EXERCISE TIMETABLE

Monday 15th - Friday 19th December

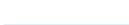


Day	Time	Class	Location	Info
Monday	07:00 - 07:30	Indoor Cycle	Cycle Studio	
Monday	08:15 - 09:15	Pilates	Func Studio	
Monday	10:00 - 11:00	Aerobics	Func Studio	
Monday	11:15 - 12:00	Pilates	Func Studio	
Monday	12:05 - 13:05	BodyBalance	Kiff Matheson	
Monday	12:15 - 12:45	Indoor Cycle	Cycle Studio	
Monday	13:00 - 13:40	Circuits	Arena	
Monday	18:00 - 18:45	Indoor Cycle	Cycle Studio	
Monday	18:45 - 19:30	Boxercise	Func Studio	
Monday	20:30 - 21:15	Indoor Cycle	Cycle Studio	
Tuesday	07:15 - 07:45	GRIT Strength	Func Studio	
Tuesday	09:00 - 10:00	LBT	Func Studio	
Tuesday	10:00 - 10:55	Dynamic Yoga	Func Studio	
Tuesday	11:10 - 12:00	Flow Yoga	Func Studio	
Tuesday	12:15 - 13:00	Indoor Cycle	Cycle Studio	
Tuesday	13:00 - 13:40	Circuits	Arena	
Tuesday	18:00 - 18:45	Indoor Cycle	Cycle Studio	
Tuesday	19:30 - 20:30	Restorative Yoga	Func Studio	
Wednesday	09:30 - 10:30	Circuits	Func Studio	
Wednesday	11:35 - 12:35	BodyBalance	Func Studio	
Wednesday	13:15 - 13:45	Indoor Cycle	Cycle Studio	
Wednesday	18:00 - 18:45	Indoor Cycle	Cycle Studio	
Wednesday	19:45 - 20:30	Indoor Cycle	Cycle Studio	

	Cycle Classes		Cardio & Dance Classes		HIIT Classes
	Mind & Body Classes		Strength & Conditioning Classes		
	Martial Arts Classes		Aqua Classes		YM Youth Member Class

GROUP EXERCISE TIMETABLE

Monday 15th - Friday 19th December

Day	Time	Class	Location	Info
Thursday	07:00 - 08:00	SwimFit	Pool	
Thursday	09:00 - 10:00	Pilates	Func Studio	
Thursday	11:00 - 11:30	Indoor Cycle	Cycle Studio	
Thursday	13:00 - 13:45	Les Mills Shapes	Func Studio	
Thursday	13:00 - 13:40	Bootcamp	Arena	
Thursday	18:15 - 19:00	Coach by Colour	Cycle Studio	
Thursday	19:15 - 20:15	Zumba	Kiff Matheson	
Thursday	19:30 - 20:30	BodyBalance	Func Studio	
Friday	06:45 - 07:30	Circuits	Func Studio	
Friday	12:00 - 12:30	Indoor Cycle	Cycle Studio	
Friday	17:45 - 18:30	Indoor Cycle	Cycle Studio	
Friday	18:30 - 19:15	BodyBalance	Func Studio	
Saturday	09:00 - 10:00	Les Mills Shapes	Dance Studio	
Saturday	09:45 - 10:25	Indoor Cycle	Cycle Studio	
Saturday	10:30 - 11:30	BodyPump	Dance Studio	
Saturday	10:45 - 11:45	BodyBalance	Func Studio	 YM
Sunday	09:00 - 10:00	Yoga	Dance Studio	 YM
Sunday	10:15 - 11:15	Triple Challenge	Dance Studio	
Sunday	10:30 - 11:15	Indoor Cycle	Cycle Studio	 YM
Sunday	11:30 - 12:30	BodyPump	Dance Studio	

 Cycle Classes
  Cardio & Dance Classes
  HIIT Classes
 Mind & Body Classes
  Strength & Conditioning Classes
 Martial Arts Classes
  Aqua Classes
 YM Youth Member Class