## GROUP EXERCISE CLASSES TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.00AM		RPM		CYCLE			
	7.30AM						RPM	
01	8.00AM	SENIORS CYCLE						
an	8.30AM		MAT PILATES	MAT PILATES	YOGA			
ST	9.30AM	LES MILLS TONE	MAT PILATES	BODY PUMP	LES MILLS CORE	BODY PUMP		BODY PUMP
GROUP FITNESS STUDIO	10.30AM	BODY BALANCE		YOGA	FEELING FIT	BODY BALANCE	BODY STEP	BODY BALANCE
	11.30AM	DANCE	BODY BALANCE	ZUMBA GOLD	MINDFUL MOVEMENT	BODY PUMP	BODY BALANCE	
	12.30AM		YOGA					
	4.30PM		STRETCH & ALIGN					
	6.00PM				BODY PUMP			
	6.30PM		BODY STEP					
	7.30PM	BODY BALANCE	BODY BALANCE		YOGA NEW CLASS!			
	7.45PM			MAT PILATES				

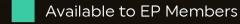


## GROUP EXERCISE CLASSES

**TIMETABLE** 

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.00AM	FUNCTIONAL		FUNCTIONAL NEW CLASS!		FUNCTIONAL		
	6.30AM							
	7.00AM		FUNCTIONAL					
	8.30AM						FUNCTIONAL	
	9.00AM	GROUP EXERCISE PHYSIOLOGY					FUNCTIONAL	
GYM FLOOR	9.30AM			GROUP EXERCISE PHYSIOLOGY				
	10.00AM					GROUP EXERCISE PHYSIOLOGY		
	11.30AM					SENIOR STRENGTH		
	12.00PM	GROUP EXERCISE PHYSIOLOGY						
	4.30PM				BOXING			
	5.30PM			FUNCTIONAL				
	6.00PM	FUNCTIONAL						
	6.15PM			FUNCTIONAL				

Available to Active Adults Members





## GROUP EXERCISE CLASSES TIMETABLE

AQUA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00AM	AQUACISE		AQUACISE		AQUACISE	AQUACISE	
8.00AM	AQUACISE	GENTLE AQUA	AQUACISE	GENTLE AQUA	AQUACISE	AQUACISE	
9.00AM		AQUACISE	AQUACISE	DEEP WATER RUNNING	AQUACISE		
10.00AM	AQUACISE	AQUACISE	AQUACISE		AQUACISE		
11.15AM	AQUA FLOW				GENTLE AQUA		
2.00PM			GROUP EXERCISE PHYSIOLOGY				
6.30PM	DEEP WATER RUNNING		AQUACISE	GENTLE AQUA			
7.30PM	AQUA ZUMBA						

Classes held in Warm Water Pool





## GROUP EXERCISE CLASSES TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.00AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
	7.00AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
010	7.30AM						REFORMER	
TUD	8.30AM						REFORMER	REFORMER
REFORMER STUDIO	9.30AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER
	10.30AM	REFORMER	REFORMER		REFORMER			REFORMER NEW CLASS!
	4.30PM	REFORMER		CLINICAL REFORMER	REFORMER	REFORMER		
	5.30PM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
	6.30PM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
	7.30PM	REFORMER	REFORMER NEW CLASS!					