GROUP EXERCISE CLASSES

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.00AM		RPM		CYCLE			
	7.30AM						RPM	
01	8.00AM	SENIORS CYCLE						
	8.30AM		MAT PILATES	MAT PILATES	YOGA			
ST	9.30AM	LES MILLS TONE	MAT PILATES	BODY PUMP	LES MILLS CORE	BODY PUMP		BODY PUMP
55	10.30AM	BODY BALANCE		YOGA	FEELING FIT	BODY BALANCE	BODY STEP	BODY BALANCE
K	11.30AM	DANCE	BODY BALANCE	ZUMBA GOLD	MINDFUL MOVEMENT	BODY PUMP	BODY BALANCE	
E	12.30AM		YOGA					
GROUP FITNESS STUDIO	4.30PM		STRETCH & ALIGN					
10	6.00PM				BODY PUMP			
GR	6.30PM	MAT PILATES	BODY STEP					
	7.30PM	BODY BALANCE	BODY BALANCE		YOGA			
	7.45PM			MAT PILATES				





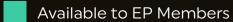


GROUP EXERCISE CLASSES

TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.00AM	FUNCTIONAL		FUNCTIONAL		FUNCTIONAL		
	6.30AM							
	7.00AM							
	8.30AM						FUNCTIONAL	
	9.00AM	GROUP EXERCISE PHYSIOLOGY					FUNCTIONAL	
OR	9.30AM			GROUP EXERCISE PHYSIOLOGY				
07:	10.00AM					GROUP EXERCISE PHYSIOLOGY		
1 1	11.30AM					SENIOR STRENGTH		
GYM FLOOR	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

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		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

Available to EP Members

Classes flagged for low participation.



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
R S'	9.30AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER
ME	10.30AM	REFORMER	REFORMER		REFORMER			REFORMER
REFORMER STUDIO	4.30PM	REFORMER		CLINICAL REFORMER	REFORMER	REFORMER		
REI	5.30PM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
	6.30PM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
	7.30PM	REFORMER	REFORMER					