

TERM 3 TIMETABLE

These classes will be running from Monday 7 August to Sunday 24 September

06:00 – 11:30 (OFF PEAK)					11:30 – 13:30 (PEAK)					13:30 – 15:30 (OFF PEAK)	15:30 – 20:00 (PEAK)						20:00 – 22:30 (OFF PEAK)			
MONDAY	07:00 – 07:30 Sprint Cycle Studio Kyle	07:40 – 08:10 CXWorx Studio 1 Kyle	10:40 – 11:30 RPM Cycle Studio Jan			12:00 – 12:45 Beginner's Cycle Cycle Studio Adrian	12:15 – 13:15 Intro to Strength Training Ergo Room Chris S	12:30 – 13:15 Body Vive Studio 1 Yvonne	13:00 – 13:45 Beginner's Yoga Dojo Sarah								20:10 – 21:10 Body Jam Studio 1 Michelle E			
	07:15 – 08:15 Vinyasa Flow Yoga Dojo	09:30 – 10:35 Body Pump Studio 1 Jan				12:15 – 13:15 Pilates Studio 2 Claire	12:30 – 13:15 Aqua Fit Pool Esther				14:00 – 15:00 Body Balance Studio 1 Yvonne		17:00 – 17:50 Beginner's Cycle Cycle Studio Esther	17:15 – 18:15 Strength Training Ergo Room Chris S	17:55 – 18:25 Sprint Cycle Studio Helen	18:00 – 19:00 LBT Tone Studio 2 Olga	18:30 – 19:00 Grit Studio 1 Helen	19:00 – 20:05 Body Pump Studio 1 Esther		
TUESDAY	06:45 – 07:35 Body Pump Studio 1 Esther	07:30 – 08:30 Cycle Cycle Studio Chris Z	09:30 – 10:30 Body Attack Studio 1 Nat	11:15 – 12:00 Pilates Studio 2 Laura		12:10 – 12:55 Body Balance Studio 1 Yvonne	13:00 – 14:00 Vinyasa Flow Yoga Dojo	13:05 – 13:50 RPM Cycle Studio Yvonne						16:15 – 17:15 Zumba Studio 1 Yasmin	17:00 – 18:00 Cycle Cycle Studio Sophie	17:15 – 18:15 Women's Weights Ergo Room Wayne	18:00 – 19:30 Iyengar Yoga Dojo Audrey	18:15 – 19:05 Body Pump Studio 1 Helen		20:00 – 21:00 LBT Tone Studio 1 Vicki
	07:30 – 08:15 Wake up Yoga Dojo	08:00 – 08:45 Pilates Medical School Esther				12:30 – 13:15 Swim Fitness Pool Kieron	13:00 – 13:40 Women's Weights Ergo Room Wayne	13:05 – 13:50 Body Pump Studio 1 Laura			14:00 – 14:45 Aqua Fit Pool Esther				17:05 – 18:05 Body Vive Studio 2 Yvonne	17:15 – 18:15 Body Combat Studio 1 Shereece	18:05 – 19:05 Cycle Cycle Studio Paul	18:15 – 19:15 Circuits Studio 2 Dennis	19:10 – 20:00 Body Attack Studio 1 Patrick	
WEDNESDAY	06:35 – 07:25 RPM Cycle Studio Kyle	07:30 – 08:30 Dynamic Yoga Dojo Sarah	09:30 – 10:30 Body Combat Studio 1 Laura			12:00 – 13:00 Abs Tone Studio 1 Dennis	12:00 – 13:00 Women's Weights Ergo Room Chris S							16:15 – 17:15 Boxercise Studio 1 David	17:15 – 18:15 Body Attack Studio 1 Emma	18:00 – 18:55 Beginner's Cycle Cycle Studio Alba	18:00 – 19:00 Women's Yoga Dojo Sarah	18:15 – 19:20 Body Pump Studio 1	19:00 – 19:50 RPM Disco Cycle Studio Simon	
		07:30 – 08:30 Cycle Cycle Studio Laura	10:30 – 11:35 Body Pump Studio 1 Laura			12:00 – 13:00 Ashtanga Yoga Dojo Robin	12:15 – 13:00 Cycle Cycle Studio Laura	12:45 – 13:30 Aqua Fit Pool Esther	13:00 – 13:45 Pilates Studio 2 Claire		14:00 – 15:00 Beginner's Pilates Studio 2 Esther		17:05 – 17:55 RPM Cycle Studio Yvonne	17:15 – 18:00 Body Balance Dojo Helen	18:00 – 19:00 Zumba Studio 2 Olga			19:15 – 20:00 Aqua Natal Pool Elsie	20:30 – 21:30 Body Step Athletic Studio 1 Zoe	
THURSDAY	07:00 – 07:30 Grit Studio 1 Oli	07:30 – 08:30 Tai Chi Studio 2 Yang	09:30 – 10:20 RPM Cycle Studio Yvonne			12:00 – 12:45 Pilates Studio 2 Esther	12:15 – 12:45 Sprint Cycle Studio Emma	13:00 – 13:45 Beginner's Cycle Cycle Studio Esther							17:05 – 18:10 Body Pump Studio 1 Michelle E	17:15 – 18:15 LBT Tone Beginners Studio 2 Hema	18:15 – 19:15 Body Attack Studio 1 Helen	19:15 – 20:15 Body Balance Studio 1 Yvonne		20:15 – 21:15 Zumba Studio 1 Vincenza
	07:30 – 08:30 Cycle Cycle Studio Chris Z	07:30 – 08:00 CXWorx Studio 1 Oli	10:30 – 11:15 Body Vive Studio 1 Yvonne			12:10 – 13:00 Body Pump Studio 1	12:30 – 13:15 Swim Fitness Pool Kieron	13:00 – 14:00 Hatha Yoga Dojo Roo					17:05 – 18:05 Cycle Cycle Studio Sophie	17:15 – 18:15 Women's Weights Ergo Room Janine	18:10 – 19:10 Cycle Cycle Studio Paul	18:15 – 19:15 Total Body HIIT Ergo Room Janine				
FRIDAY	06:40 – 07:25 Cycle Cycle Studio Adrian	07:30 – 08:30 Cycle Cycle Studio Paul	09:30 – 10:30 Body Attack Studio 1 Nat	10:30 – 11:35 Body Pump Studio 1 Nat		12:00 – 13:00 Hatha Yoga Dojo Natalie	12:30 – 13:15 Cycle Cycle Studio Esther	13:00 – 13:45 Body Vive Studio 1 Laura	13:05 – 13:50 Abs Tone Studio 2 Dennis					16:15 – 17:15 Body Balance Studio 1 Yvonne	17:00 – 18:00 Boot Camp Studio 2 Dennis	17:25 – 18:10 RPM Cycle Studio Yvonne	18:20 – 19:25 Body Pump Studio 1 Esther			19:30 – 20:30 Party Step Studio 1 Zoe
	07:10 – 08:15 Body Pump Studio 1 Helen	07:30 – 08:30 Wake up Yoga Dojo Roo	10:30 – 11:30 Tai Chi Studio 2 Yang			12:15 – 13:15 Women's Weights Ergo Room Wayne	12:30 – 13:15 Aqua Fit Pool Michelle E				15:00 – 16:00 Pilates Studio 1 Laura		16:15 – 17:15 Cycle Cycle Studio Laura	17:20 – 18:20 Body Combat Studio 1 Laura	18:00 – 18:30 Grit Studio 2 Simon	18:30 – 19:00 Abs Tone Studio 2 Simon				

07:00 – 08:00 (OFF PEAK)			08:30 – 13:00 (PEAK)											13:00 – 20:00 (OFF PEAK)						
SAT	07:30 – 08:30 Cycle Cycle Studio Sophie		09:00 – 10:00 Body Attack Studio 1 Helen	09:15 – 10:00 RPM Cycle Studio Kyle		10:00 – 11:05 Body Pump Studio 1 Helen	10:10 – 11:10 Cycle Cycle Studio Paul/Abbie	11:00 – 12:00 Women's Weights Ergo Room Joe	11:15 – 12:15 Body Vive Studio 1 Yvonne								12:15 – 13:15 Body Balance Studio 1 Helen			14:10 – 15:10 Zumba Step Studio 1 Yasmin

07:00 – 20:00 (OFF PEAK)														
SUN		09:20 – 10:25 Body Pump Studio 1	09:30 – 11:00 Iyengar Yoga Dojo Audrey	10:00 – 11:00 Cycle Cycle Studio Jacqui	10:30 – 11:00 Grit Studio 1 Janine	11:05 – 12:05 Total Body HIIT Ergo Room Janine	11:05 – 11:55 RPM Cycle Studio Yvonne	11:30 – 12:30 Body Combat Studio 1 Sue	12:00 – 12:45 Aqua Fit Pool Jacqui	13:00 – 14:00 Body Jam Studio 1 Michelle S	14:00 – 15:05 Body Pump Studio 1 Laura	15:10 – 16:10 Body Balance Studio 1 Laura	19:00 – 20:00 Vinyasa Flow Yoga Studio 2 Jo	

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