



## Class Timetable (From Monday 26<sup>th</sup> July 2021)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Dance Fit</b> 10.00am – 11.00am Dance Studio	<b>Yoga Flow</b> 10.00am – 11.00am Dance Studio	<b>Aerotone</b> 9.15am – 10.15am Dance Studio	<b>Legs, Bums &amp; Tums</b> 10.00am – 11.00am Dance Studio	<b>Pump &amp; Tone</b> 10.00am – 11.00am Dance Studio	<b>Pilates</b> 9.45am – 10.30am Dance Studio	
<b>Stretch &amp; Tone</b> 11.00am – 12.00pm Dance Studio	<b>Indoor Cycling (Spin)</b> 11.00am – 11.45am Spin Studio	<b>Indoor Cycling (Spin)</b> 9.30am – 10.15am Spin Studio	<b>Prime Time</b> 12.00am – 1.00pm Dance Studio	<b>Dance Fit</b> 11.00am – 12.00pm Dance Studio	<b>HIIT</b> 11.00am – 12.00pm Dance Studio	
<b>Prime Time</b> 12.00am – 1.00pm Dance Studio	<b>Legs, Bums &amp; Tums</b> 11.00am – 12.00pm Dance Studio	<b>Piloxing</b> 10.45am – 11.45am Dance Studio	<b>Indoor Cycling (Spin)</b> 5.15pm – 6.00pm Spin Studio	<b>Yoga Flow</b> 12.00pm – 1.00pm Dance Studio		
<b>Piloxing</b> 6.00pm – 7.00pm Dance Studio	<b>Boot Camp</b> 6.00pm – 7.00pm Dance Studio	<b>Yoga &amp; Meditation</b> 11.45pm – 1.00pm Dance Studio	<b>Body Blitz</b> 6.00pm – 7.00pm Dance Studio	<b>Gym Pump</b> 7.30pm – 8.30pm Gym Floor		
<b>Zumba Step</b> 7.30pm – 8.30pm Dance Studio	<b>Pump &amp; Shred</b> 7.00pm – 8.00pm Dance Studio	<b>Zumba</b> 6.00pm – 7.00pm Main Hall	<b>Pump &amp; Shred</b> 7.00pm – 8.00pm Dance Studio			
	<b>Zumba</b> 8.00pm – 9.00pm Dance Studio	<b>Kettlebells</b> 6.45pm – 7.45pm Dance Studio	<b>Fitness Yoga</b> 8.00pm – 9.00pm Dance Studio			
		<b>Zumba Strong</b> 7.45pm – 8.45pm Dance Studio				

### Area Key:

Blue – Main Hall      Yellow – Dance Studio      Pink – Spin Studio      Green – Gym Floor

Please Note: Wednesday's Indoor Cycling (Spin) does not start until 11<sup>th</sup> August 2021