

Friday 18 Jan 2019	Duration	Intensity Level
07:30 -- Hydro Pole	30 mins NEW	★ ★ ★ ★
08:05 -- Hydro Pole	30 mins NEW	★ ★ ★ ★
09:15 -- Pilates	60 mins	★ ★ ★ ★
11:00 -- Agewell	120 mins	★ ★ ★ ★
17:30 -- Circuits	45 mins	★ ★ ★ ★
17:30 -- Studio Cycle	45 mins	★ ★ ★ ★
18:15 -- Aquafit	45 mins	★ ★ ★ ★
18:30 -- Zumba	60 mins	★ ★ ★ ★

Saturday 19 Jan 2019	Duration	Intensity Level
09:20 -- Abs	30 mins	★ ★ ★ ★
10:00 -- Studio Cycle	60 mins	★ ★ ★ ★
13:00 -- Ability 2 Play Gym	60 mins	★ ★ ★ ★

Sunday 20 Jan 2019	Duration	Intensity Level
09:20 -- HITT	30 mins	★ ★ ★ ★
10:00 -- Studio Cycle	45 mins	★ ★ ★ ★
16:45 -- Aquafit	45 mins	★ ★ ★ ★
18:00 -- Yoga	60 mins	★ ★ ★ ★

Monday 21 Jan 2019	Duration	Intensity Level
08:45 -- Yoga	60 mins	★ ★ ★ ★
10:00 -- Yoga	60 mins	★ ★ ★ ★
10:45 -- Salsacise	60 mins	★ ★ ★ ★
		★ ★ ★ ★

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

11:15 -- Aquafit	45 mins	
16:00 -- Diddi Divas	60 mins	★ ★ ★ ★
18:00 -- Studio Cycle	45 mins	★ ★ ★ ★
18:00 -- HITT	30 mins	★ ★ ★ ★
18:30 -- Abs	30 mins	★ ★ ★ ★
19:15 -- Body Combat	60 mins	★ ★ ★ ★

Tuesday 22 Jan 2019	Duration	Intensity Level
10:00 -- Metafit	30 mins	★ ★ ★ ★
11:00 -- Agewell	180 mins	★ ★ ★ ★
12:15 -- Aquafit	45 mins	★ ★ ★ ★
17:30 -- Studio Cycle	45 mins	★ ★ ★ ★
17:30 -- Zumba Tone	45 mins	★ ★ ★ ★
18:15 -- Zumba Tone	45 mins	★ ★ ★ ★
18:30 -- Abs	30 mins	★ ★ ★ ★
18:30 -- Aquajog	30 mins NEW	★ ★ ★ ★
19:00 -- Total Tone	60 mins	★ ★ ★ ★
19:05 -- Hydro HIIT	30 mins NEW	★ ★ ★ ★

Wednesday 23 Jan 2019	Duration	Intensity Level
08:45 -- Yoga	60 mins	★ ★ ★ ★
10:00 -- Yoga	60 mins	★ ★ ★ ★
11:00 -- Agewell	60 mins	★ ★ ★ ★
11:45 -- Diddi Divas	45 mins	★ ★ ★ ★
18:00 -- Bootcamp	45 mins	★ ★ ★ ★
18:00 -- Studio Cycle	45 mins	★ ★ ★ ★
18:00 -- Stretch and Flex	60 mins NEW	★ ★ ★ ★
19:00 -- Hydro HIIT	30 mins NEW	★ ★ ★ ★
20:00 -- Clubbercise	60 mins	★ ★ ★ ★

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Thursday 24 Jan 2019	Duration	Intensity Level
10:00 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
11:00 -- Zumba	60 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Body Combat	60 mins	⊕ ⊕ ⊕ ⊕
18:30 -- Aquajog	30 mins NEW	⊕ ⊕ ⊕ ⊕
19:00 -- Metafit	30 mins	⊕ ⊕ ⊕ ⊕
19:15 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕

Friday 25 Jan 2019	Duration	Intensity Level
07:30 -- Hydro Pole	30 mins NEW	⊕ ⊕ ⊕ ⊕
08:05 -- Hydro Pole	30 mins NEW	⊕ ⊕ ⊕ ⊕
09:15 -- Pilates	60 mins	⊕ ⊕ ⊕ ⊕
11:00 -- Agewell	120 mins	⊕ ⊕ ⊕ ⊕
17:30 -- Circuits	45 mins	⊕ ⊕ ⊕ ⊕
17:30 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
18:15 -- Hydro Pole	30 mins NEW	⊕ ⊕ ⊕ ⊕
18:30 -- Zumba	60 mins	⊕ ⊕ ⊕ ⊕
18:50 -- Hydro Pole	30 mins NEW	⊕ ⊕ ⊕ ⊕

Saturday 26 Jan 2019	Duration	Intensity Level
09:20 -- Abs	30 mins	⊕ ⊕ ⊕ ⊕
10:00 -- Studio Cycle	60 mins	⊕ ⊕ ⊕ ⊕
13:00 -- Ability 2 Play Gym	60 mins	⊕ ⊕ ⊕ ⊕

Sunday 27 Jan 2019	Duration	Intensity Level
09:20 -- HITT	30 mins	⊕ ⊕ ⊕ ⊕
10:00 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
16:45 -- Aquafit	45 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Yoga	60 mins	⊕ ⊕ ⊕ ⊕

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

Monday 28 Jan 2019	Duration	Intensity Level
08:45 -- Yoga	60 mins	★ ★ ★ ★
10:00 -- Yoga	60 mins	★ ★ ★ ★
10:45 -- Salsacise	60 mins	★ ★ ★ ★
11:15 -- Aquafit	45 mins	★ ★ ★ ★
16:00 -- Diddi Divas	60 mins	★ ★ ★ ★
18:00 -- Studio Cycle	45 mins	★ ★ ★ ★
19:15 -- Body Combat	60 mins	★ ★ ★ ★

Tuesday 29 Jan 2019	Duration	Intensity Level
10:00 -- Metafit	30 mins	★ ★ ★ ★
11:00 -- Agewell	180 mins	★ ★ ★ ★
12:15 -- Aquafit	45 mins	★ ★ ★ ★
17:30 -- Studio Cycle	45 mins	★ ★ ★ ★
17:30 -- Zumba Tone	45 mins	★ ★ ★ ★
18:15 -- Zumba Tone	45 mins	★ ★ ★ ★
18:30 -- Abs	30 mins	★ ★ ★ ★
18:30 -- Aquajog	30 mins NEW	★ ★ ★ ★
19:00 -- Total Tone	60 mins	★ ★ ★ ★
19:05 -- Hydro HIIT	30 mins NEW	★ ★ ★ ★

Wednesday 30 Jan 2019	Duration	Intensity Level
08:45 -- Yoga	60 mins	★ ★ ★ ★
10:00 -- Yoga	60 mins	★ ★ ★ ★
11:00 -- Agewell	60 mins	★ ★ ★ ★
11:45 -- Diddi Divas	45 mins	★ ★ ★ ★
18:00 -- Studio Cycle	45 mins	★ ★ ★ ★
18:00 -- Stretch and Flex	60 mins NEW	★ ★ ★ ★

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

19:00 -- Hydro HIIT	30 mins NEW	
20:00 -- Clubbercise	60 mins	

Thursday 31 Jan 2019	Duration	Intensity Level
10:00 -- Studio Cycle	45 mins	
11:00 -- Zumba	60 mins	
18:00 -- Body Combat	60 mins	
18:30 -- Aquajog	30 mins NEW	
19:00 -- Metafit	30 mins	
19:15 -- Studio Cycle	45 mins	

Friday 01 Feb 2019	Duration	Intensity Level
07:30 -- Hydro Pole	30 mins NEW	
08:05 -- Hydro Pole	30 mins NEW	
09:15 -- Pilates	60 mins	
11:00 -- Agewell	120 mins	
17:30 -- Circuits	45 mins	
17:30 -- Studio Cycle	45 mins	
18:15 -- Hydro Pole	30 mins NEW	
18:30 -- Zumba	60 mins	
18:50 -- Hydro Pole	30 mins NEW	

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Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.