

Tuesday 19 Mar 2019	Duration	Intensity Level
07:15 -- Functional Training	30 mins	☆☆☆☆
07:15 -- MyRide Tour XP	35 mins	☆☆☆☆
09:15 -- Metafit	30 mins	☆☆☆☆
09:15 -- MyRide Coach XP	35 mins	☆☆☆☆
09:45 -- Zumba Tone	60 mins	☆☆☆☆
10:00 -- Body Pump	60 mins	☆☆☆☆
11:00 -- Agewell	60 mins	☆☆☆☆
12:15 -- Studio Cycle	45 mins	☆☆☆☆
12:15 -- Salsacise	60 mins	☆☆☆☆
13:15 -- Fitness Pilates	45 mins	☆☆☆☆
14:00 -- Aquafit	45 mins	☆☆☆☆
17:30 -- Functional Training	30 mins	☆☆☆☆
18:00 -- Clubbercise	60 mins	☆☆☆☆
18:00 -- Studio Cycle	45 mins	☆☆☆☆
19:00 -- Body Blast	60 mins	☆☆☆☆
20:00 -- MyRide Tour XP	35 mins	☆☆☆☆

Wednesday 20 Mar 2019	Duration	Intensity Level
07:15 -- Functional Training	30 mins	☆☆☆☆
07:15 -- MyRide Coach XP	35 mins	☆☆☆☆
09:15 -- Aquafit	45 mins	☆☆☆☆
09:15 -- MyRide Tour XP	35 mins	☆☆☆☆
10:00 -- Health Quest Circuits	60 mins	
12:15 -- Functional Training	30 mins	☆☆☆☆
12:15 -- MyRide Coach XP	35 mins	☆☆☆☆
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17:15 -- MyRide Coach XP	35 mins	
17:30 -- Functional Training	30 mins	⊕ ⊕ ⊕ ⊕
17:30 -- Metafit	30 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Aquafit (Boom Area)	45 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Body Combat	60 mins	⊕ ⊕ ⊕ ⊕
18:00 -- MyRide Tour XP	35 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Step, Bums & Tums	60 mins	⊕ ⊕ ⊕ ⊕
18:45 -- Aquafit (Boom Area)	45 mins	⊕ ⊕ ⊕ ⊕
18:45 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Pilates	60 mins	⊕ ⊕ ⊕ ⊕
19:15 -- Body Pump	60 mins	⊕ ⊕ ⊕ ⊕

Thursday 21 Mar 2019	Duration	Intensity Level
07:15 -- Functional Training	30 mins	⊕ ⊕ ⊕ ⊕
07:15 -- MyRide Tour XP	35 mins	⊕ ⊕ ⊕ ⊕
09:15 -- MyRide Studio	60 mins	⊕ ⊕ ⊕ ⊕
09:30 -- Body Pump	60 mins	⊕ ⊕ ⊕ ⊕
12:15 -- MyRide Tour XP	35 mins	⊕ ⊕ ⊕ ⊕
12:30 -- Pilates	60 mins	⊕ ⊕ ⊕ ⊕
14:30 -- Aquafit (Boom Area)	45 mins	⊕ ⊕ ⊕ ⊕
17:30 -- Sassy Salsa	45 mins <b>NEW</b>	⊕ ⊕ ⊕ ⊕
18:00 -- Functional Training	30 mins	⊕ ⊕ ⊕ ⊕
18:00 -- MyRide Tour	60 mins	⊕ ⊕ ⊕ ⊕
18:05 -- Aquajog (Boom Area)	30 mins <b>NEW</b>	⊕ ⊕ ⊕ ⊕
18:30 -- 20/ 20/ 20	60 mins	⊕ ⊕ ⊕ ⊕
19:30 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕

Friday 22 Mar 2019	Duration	Intensity Level
07:15 -- Functional Training	30 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.

08:30 -- Hydro Fighter (Boom Area)	45 mins	
09:15 -- Aquafit (Boom Area)	45 mins	★ ★ ★ ★
10:00 -- Health Quest Circuits	60 mins	
10:00 -- Zumba	60 mins	★ ★ ★ ★
11:00 -- Agewell	60 mins	★ ★ ★ ★
12:15 -- Functional Training	30 mins	★ ★ ★ ★
12:15 -- MyRide Tour XP	35 mins	★ ★ ★ ★
13:30 -- Pilates	60 mins	★ ★ ★ ★
16:30 -- Yoga	60 mins	★ ★ ★ ★
17:30 -- Functional Training	30 mins	★ ★ ★ ★
17:30 -- MyRide Tour	60 mins	★ ★ ★ ★
17:45 -- Body Combat	60 mins	★ ★ ★ ★
18:00 -- Clubbercise	60 mins	★ ★ ★ ★

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Saturday 23 Mar 2019	Duration	Intensity Level
09:30 -- Functional Training	30 mins	★ ★ ★ ★
10:00 -- Body Pump	60 mins	★ ★ ★ ★
10:30 -- Studio Cycle	45 mins	★ ★ ★ ★
16:15 -- MyRide Coach XP	35 mins	★ ★ ★ ★
17:00 -- MyRide Tour	60 mins	★ ★ ★ ★

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Sunday 24 Mar 2019	Duration	Intensity Level
09:30 -- Functional Training	30 mins	★ ★ ★ ★
10:00 -- Studio Cycle	45 mins	★ ★ ★ ★
10:00 -- Metafit	30 mins	★ ★ ★ ★
10:00 -- Yoga	60 mins	★ ★ ★ ★
10:30 -- Abs	30 mins	★ ★ ★ ★
12:30 -- Hydro Fighter	30 mins	
13:05 -- Hydro Fighter (Boom Area)	30 mins	
16:00 -- Legs, Bums & Tums	60 mins	★ ★ ★ ★

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17:00 -- Body Combat	60 mins	⊛ ⊛ ⊛ ⊛
17:00 -- Clubbercise	60 mins	⊛ ⊛ ⊛ ⊛
17:00 -- MyRide Coach XP	60 mins	⊛ ⊛ ⊛ ⊛

<b>Monday 25 Mar 2019</b>	<b>Duration</b>	<b>Intensity Level</b>
07:15 -- Functional Training	30 mins	⊛ ⊛ ⊛ ⊛
07:15 -- MyRide Coach XP	35 mins	⊛ ⊛ ⊛ ⊛
09:15 -- Studio Cycle	45 mins	⊛ ⊛ ⊛ ⊛
10:00 -- Agewell	60 mins	⊙ ⊛ ⊛ ⊛
10:00 -- Health Quest Circuits	60 mins	
11:00 -- Health Quest Circuits	60 mins	
12:15 -- CX Works	30 mins	⊛ ⊛ ⊛ ⊛
12:15 -- Functional Training	30 mins	⊛ ⊛ ⊛ ⊛
12:15 -- MyRide Studio	55 mins	⊛ ⊛ ⊛ ⊛
13:30 -- Pilates	60 mins	⊙ ⊙ ⊛ ⊛
14:35 -- Aquafit	45 mins	⊛ ⊛ ⊛ ⊛
17:15 -- MyRide Tour XP	35 mins	⊛ ⊛ ⊛ ⊛
17:30 -- Abs	30 mins	⊛ ⊛ ⊛ ⊛
17:30 -- Functional Training	30 mins	⊛ ⊛ ⊛ ⊛
18:00 -- Body Pump	60 mins	⊛ ⊛ ⊛ ⊛
18:00 -- Studio Cycle	45 mins	⊛ ⊛ ⊛ ⊛
18:00 -- Pilates	60 mins	⊙ ⊙ ⊛ ⊛
19:00 -- Insanity	30 mins	⊛ ⊛ ⊛ ⊛
19:30 -- Zumba	60 mins	⊙ ⊙ ⊛ ⊛
19:35 -- MyRide Studio	55 mins	⊛ ⊛ ⊛ ⊛

<b>Tuesday 26 Mar 2019</b>	<b>Duration</b>	<b>Intensity Level</b>
07:15 -- Functional Training	30 mins	⊛ ⊛ ⊛ ⊛
07:15 -- MyRide Tour XP	35 mins	⊛ ⊛ ⊛ ⊛
09:15 -- Metafit	30 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.

09:15 -- MyRide Coach XP	35 mins	★ ★ ★ ★
09:45 -- Zumba Tone	60 mins	★ ★ ★ ★
10:00 -- Body Pump	60 mins	★ ★ ★ ★
11:00 -- Agewell	60 mins	★ ★ ★ ★
12:15 -- Studio Cycle	45 mins	★ ★ ★ ★
12:15 -- Salsacise	60 mins	★ ★ ★ ★
13:15 -- Fitness Pilates	45 mins	★ ★ ★ ★
14:00 -- Aquafit	45 mins	★ ★ ★ ★
17:30 -- Functional Training	30 mins	★ ★ ★ ★
18:00 -- Clubbercise	60 mins	★ ★ ★ ★
18:00 -- Studio Cycle	45 mins	★ ★ ★ ★
19:00 -- Body Blast	60 mins	★ ★ ★ ★
20:00 -- MyRide Tour XP	35 mins	★ ★ ★ ★

Wednesday 27 Mar 2019	Duration	Intensity Level
07:15 -- Functional Training	30 mins	★ ★ ★ ★
07:15 -- MyRide Coach XP	35 mins	★ ★ ★ ★
09:15 -- Aquafit	45 mins	★ ★ ★ ★
09:15 -- MyRide Tour XP	35 mins	★ ★ ★ ★
10:00 -- Health Quest Circuits	60 mins	
12:15 -- Functional Training	30 mins	★ ★ ★ ★
12:15 -- MyRide Coach XP	35 mins	★ ★ ★ ★
17:15 -- MyRide Coach XP	35 mins	★ ★ ★ ★
17:30 -- Functional Training	30 mins	★ ★ ★ ★
17:30 -- Metafit	30 mins	★ ★ ★ ★
18:00 -- Aquafit (Boom Area)	45 mins	★ ★ ★ ★
18:00 -- Body Combat	60 mins	★ ★ ★ ★
18:00 -- MyRide Tour XP	35 mins	★ ★ ★ ★
18:00 -- Step, Bums & Tums	60 mins	★ ★ ★ ★
18:45 -- Aquafit (Boom Area)	45 mins	★ ★ ★ ★

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18:45 -- Studio Cycle	45 mins	★ ★ ★ ★
19:00 -- Pilates	60 mins	★ ★ ★ ★
19:15 -- Body Pump	60 mins	★ ★ ★ ★

Thursday 28 Mar 2019	Duration	Intensity Level
07:15 -- Functional Training	30 mins	★ ★ ★ ★
07:15 -- MyRide Tour XP	35 mins	★ ★ ★ ★
09:15 -- MyRide Studio	60 mins	★ ★ ★ ★
09:30 -- Body Pump	60 mins	★ ★ ★ ★
12:15 -- MyRide Tour XP	35 mins	★ ★ ★ ★
12:30 -- Pilates	60 mins	★ ★ ★ ★
14:30 -- Aquafit (Boom Area)	45 mins	★ ★ ★ ★
17:30 -- Sassy Salsa	45 mins <b>NEW</b>	★ ★ ★ ★
18:00 -- Functional Training	30 mins	★ ★ ★ ★
18:00 -- MyRide Tour	60 mins	★ ★ ★ ★
18:05 -- Aquajog (Boom Area)	30 mins <b>NEW</b>	★ ★ ★ ★
18:30 -- 20/ 20/ 20	60 mins	★ ★ ★ ★
19:30 -- Studio Cycle	45 mins	★ ★ ★ ★

Friday 29 Mar 2019	Duration	Intensity Level
07:15 -- Functional Training	30 mins	★ ★ ★ ★
08:30 -- Hydro Fighter (Boom Area)	45 mins	
09:15 -- Aquafit (Boom Area)	45 mins	★ ★ ★ ★
10:00 -- Health Quest Circuits	60 mins	
10:00 -- Zumba	60 mins	★ ★ ★ ★
11:00 -- Agewell	60 mins	★ ★ ★ ★
12:15 -- Functional Training	30 mins	★ ★ ★ ★
12:15 -- MyRide Tour XP	35 mins	★ ★ ★ ★
13:30 -- Pilates	60 mins	★ ★ ★ ★
		★ ★ ★ ★

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16:30 -- Yoga	60 mins	
17:30 -- Functional Training	30 mins	⊕ ⊕ ⊕ ⊕
17:30 -- MyRide Tour	60 mins	⊕ ⊕ ⊕ ⊕
17:45 -- Body Combat	60 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Clubbercise	60 mins	⊕ ⊕ ⊕ ⊕

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Saturday 30 Mar 2019	Duration	Intensity Level
09:30 -- Functional Training	30 mins	⊕ ⊕ ⊕ ⊕
10:00 -- Body Pump	60 mins	⊕ ⊕ ⊕ ⊕
10:30 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
16:15 -- MyRide Coach XP	35 mins	⊕ ⊕ ⊕ ⊕
17:00 -- MyRide Tour	60 mins	⊕ ⊕ ⊕ ⊕

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Sunday 31 Mar 2019	Duration	Intensity Level
09:30 -- Functional Training	30 mins	⊕ ⊕ ⊕ ⊕
10:00 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
10:00 -- Metafit	30 mins	⊕ ⊕ ⊕ ⊕
10:00 -- Yoga	60 mins	⊕ ⊕ ⊕ ⊕
10:30 -- Abs	30 mins	⊕ ⊕ ⊕ ⊕
12:30 -- Hydro Fighter	30 mins	
13:05 -- Hydro Fighter (Boom Area)	30 mins	
16:00 -- Legs, Bums & Tums	60 mins	⊕ ⊕ ⊕ ⊕
17:00 -- Body Combat	60 mins	⊕ ⊕ ⊕ ⊕
17:00 -- Clubbercise	60 mins	⊕ ⊕ ⊕ ⊕
17:00 -- MyRide Coach XP	60 mins	⊕ ⊕ ⊕ ⊕

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Monday 01 Apr 2019	Duration	Intensity Level
07:15 -- Functional Training	30 mins	⊕ ⊕ ⊕ ⊕
07:15 -- MyRide Coach XP	35 mins	⊕ ⊕ ⊕ ⊕
09:15 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕

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10:00 -- Agewell	60 mins	
10:00 -- Health Quest Circuits	60 mins	
11:00 -- Health Quest Circuits	60 mins	
12:15 -- CX Works	30 mins	
12:15 -- Functional Training	30 mins	
12:15 -- MyRide Studio	55 mins	
13:30 -- Pilates	60 mins	
14:35 -- Aquafit	45 mins	
17:15 -- MyRide Tour XP	35 mins	
17:30 -- Abs	30 mins	
18:00 -- Body Pump	60 mins	
18:00 -- Studio Cycle	45 mins	
18:00 -- Pilates	60 mins	
19:00 -- Insanity	30 mins	
19:30 -- Zumba	60 mins	
19:35 -- MyRide Studio	55 mins	

Tuesday 02 Apr 2019	Duration	Intensity Level
07:15 -- Functional Training	30 mins	
07:15 -- MyRide Tour XP	35 mins	
09:15 -- Metafit	30 mins	
09:15 -- MyRide Coach XP	35 mins	
09:45 -- Zumba Tone	60 mins	
10:00 -- Body Pump	60 mins	
11:00 -- Agewell	60 mins	
12:15 -- Studio Cycle	45 mins	
12:15 -- Salsacise	60 mins	
13:15 -- Fitness Pilates	45 mins	
14:00 -- Aquafit	45 mins	
17:30 -- Functional Training	30 mins	

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18:00 -- Clubbercise	60 mins	
18:00 -- Studio Cycle	45 mins	
19:00 -- Body Blast	60 mins	
20:00 -- MyRide Tour XP	35 mins	

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