

Friday 18 Jan 2019	Duration	Intensity Level
07:00 -- GRIT Strength	30 mins	⊕ ⊕ ⊕ ⊕
08:30 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
09:00 -- Body Attack	45 mins	⊕ ⊕ ⊕ ⊕
09:30 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
09:50 -- Total Body Workout	55 mins	⊕ ⊕ ⊕ ⊕
10:15 -- Active Life Studio	55 mins	⊕ ⊕ ⊕ ⊕
11:00 -- Hydro HIIT	30 mins NEW	⊕ ⊕ ⊕ ⊕
12:15 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
14:10 -- Active Life Aquafit	45 mins	⊕ ⊕ ⊕ ⊕
14:55 -- Active Life Aquafit (Active Life Deep Water)	30 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Body Pump	55 mins	⊕ ⊕ ⊕ ⊕

Saturday 19 Jan 2019	Duration	Intensity Level
08:30 -- GRIT Plyometric	30 mins	⊕ ⊕ ⊕ ⊕
09:05 -- GRIT Strength	30 mins	⊕ ⊕ ⊕ ⊕
14:55 -- Floatfit	30 mins NEW	⊕ ⊕ ⊕ ⊕
15:30 -- Body Attack	45 mins	⊕ ⊕ ⊕ ⊕
16:25 -- Body Pump	55 mins	⊕ ⊕ ⊕ ⊕
16:30 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕

Sunday 20 Jan 2019	Duration	Intensity Level
16:30 -- Hydro Pole	30 mins NEW	⊕ ⊕ ⊕ ⊕
17:15 -- Aqua Circuits	45 mins	⊕ ⊕ ⊕ ⊕
17:20 -- Body Attack	30 mins	⊕ ⊕ ⊕ ⊕
17:30 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕

This timetable is current as of 18/01/2019. Activities and schedules subject to change.

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.

18:00 -- Body Pump	55 mins	
18:15 -- Aquafit	45 mins	

Monday 21 Jan 2019	Duration	Intensity Level
06:45 -- Studio Cycle	45 mins	
08:30 -- Aquafit	45 mins	
09:25 -- Studio Cycle	45 mins	
10:15 -- Active Life Gym	55 mins	
10:15 -- Total Body Workout	55 mins	
11:00 -- Hydro HIIT	30 mins NEW	
11:15 -- Active Life Studio	55 mins	
13:00 -- Zumba	45 mins	
18:00 -- Studio Cycle	45 mins	
18:05 -- GRIT Plyometric	30 mins	
18:15 -- Aquafit	45 mins	
18:50 -- Studio Cycle	45 mins	
19:10 -- Aquafit	45 mins	
20:00 -- Hydro HIIT	30 mins NEW	

Tuesday 22 Jan 2019	Duration	Intensity Level
06:45 -- GRIT Plyometric	30 mins	
08:30 -- Aquafit	45 mins	
09:20 -- GRIT Cardio	30 mins	
09:30 -- Aquafit	45 mins	
10:30 -- Body Pump	60 mins	
10:45 -- Pilates Progression	55 mins	
11:30 -- Water for Sport	30 mins	
12:00 -- Pilates Fundamentals	55 mins	
14:30 -- Active Life Gym	60 mins	
17:30 -- Pilates Progression	55 mins	

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17:45 -- Body Pump	60 mins	⊕ ⊕ ⊕ ⊕
18:45 -- Pilates Fundamentals	55 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Total Body Workout	45 mins	⊕ ⊕ ⊕ ⊕
20:00 -- Hydro Pole	30 mins NEW	⊕ ⊕ ⊕ ⊕

Wednesday 23 Jan 2019	Duration	Intensity Level
06:45 -- Body Attack	30 mins	⊕ ⊕ ⊕ ⊕
07:00 -- Pilates	45 mins	⊕ ⊕ ⊕ ⊕
08:30 -- Aquafit	45 mins	⊕ ⊕ ⊕ ⊕
09:25 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
10:15 -- Tai Chi	55 mins	⊕ ⊕ ⊕ ⊕
10:30 -- Total Body Workout	55 mins	⊕ ⊕ ⊕ ⊕
11:30 -- Zumba	60 mins	⊕ ⊕ ⊕ ⊕
14:35 -- Active Life Aquafit	55 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Body Attack	55 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
18:15 -- Aquafit	45 mins	⊕ ⊕ ⊕ ⊕
18:50 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Aqua Therapy (Deep Water 1.75m)	30 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Body Pump	55 mins	⊕ ⊕ ⊕ ⊕
20:00 -- Hydro Fighter	30 mins	⊕ ⊕ ⊕ ⊕
20:55 -- Floatfit	30 mins NEW	⊕ ⊕ ⊕ ⊕

Thursday 24 Jan 2019	Duration	Intensity Level
06:45 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
09:00 -- Body Attack	30 mins	⊕ ⊕ ⊕ ⊕
09:35 -- Body Pump	45 mins	⊕ ⊕ ⊕ ⊕
09:45 -- Aquajog	30 mins NEW	⊕ ⊕ ⊕ ⊕
10:35 -- Aqua Circuits	45 mins	⊕ ⊕ ⊕ ⊕
10:45 -- Pilates Progression	55 mins	⊕ ⊕ ⊕ ⊕

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12:00 -- Pilates Fundamentals	55 mins	☆☆☆☆
14:00 -- Aquafit (Intro Class)	30 mins	☆☆☆☆
14:30 -- Active Life Gym	55 mins	
14:35 -- Aqua Therapy	45 mins	☆☆☆☆
18:00 -- Pilates Fundamentals	55 mins	☆☆☆☆
19:00 -- Pilates Progression	55 mins	☆☆☆☆

Friday 25 Jan 2019	Duration	Intensity Level
07:00 -- GRIT Strength	30 mins	☆☆☆☆
08:30 -- Studio Cycle	45 mins	☆☆☆☆
09:00 -- Body Attack	45 mins	☆☆☆☆
09:30 -- Studio Cycle	45 mins	☆☆☆☆
09:50 -- Total Body Workout	55 mins	☆☆☆☆
10:15 -- Active Life Studio	55 mins	☆☆☆☆
11:00 -- Hydro HIIT	30 mins NEW	☆☆☆☆
12:15 -- Studio Cycle	45 mins	☆☆☆☆
14:10 -- Active Life Aquafit	45 mins	☆☆☆☆
14:55 -- Active Life Aquafit (Active Life Deep Water)	30 mins	☆☆☆☆
19:00 -- Body Pump	55 mins	☆☆☆☆

Saturday 26 Jan 2019	Duration	Intensity Level
08:30 -- GRIT Plyometric	30 mins	☆☆☆☆
09:05 -- GRIT Strength	30 mins	☆☆☆☆
14:55 -- Floatfit	30 mins NEW	☆☆☆☆
15:30 -- Body Attack	45 mins	☆☆☆☆
15:30 -- Floatfit	30 mins NEW	☆☆☆☆
16:25 -- Body Pump	55 mins	☆☆☆☆
16:30 -- Studio Cycle	45 mins	☆☆☆☆

Intensity

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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.

Sunday 27 Jan 2019	Duration	Level
16:30 -- Hydro Pole	30 mins NEW	⊕ ⊕ ⊕ ⊕
17:15 -- Aqua Circuits	45 mins	⊗ ⊗ ⊗ ⊗
17:20 -- Body Attack	30 mins	⊗ ⊗ ⊗ ⊗
17:30 -- Studio Cycle	45 mins	⊗ ⊗ ⊗ ⊗
18:00 -- Body Pump	55 mins	⊗ ⊗ ⊗ ⊗
18:15 -- Aquafit	45 mins	⊗ ⊗ ⊗ ⊗

Monday 28 Jan 2019	Duration	Intensity Level
06:45 -- Studio Cycle	45 mins	⊗ ⊗ ⊗ ⊗
08:30 -- Aquafit	45 mins	⊗ ⊗ ⊗ ⊗
09:25 -- Studio Cycle	45 mins	⊗ ⊗ ⊗ ⊗
10:15 -- Active Life Gym	55 mins	
10:15 -- Total Body Workout	55 mins	⊕ ⊕ ⊕ ⊕
11:00 -- Hydro HIIT	30 mins NEW	⊗ ⊗ ⊗ ⊗
11:15 -- Active Life Studio	55 mins	⊕ ⊕ ⊕ ⊕
13:00 -- Zumba	45 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Studio Cycle	45 mins	⊗ ⊗ ⊗ ⊗
18:05 -- GRIT Plyometric	30 mins	⊗ ⊗ ⊗ ⊗
18:15 -- Aquafit	45 mins	⊗ ⊗ ⊗ ⊗
18:50 -- Studio Cycle	45 mins	⊗ ⊗ ⊗ ⊗
19:10 -- Aquafit	45 mins	⊗ ⊗ ⊗ ⊗
20:00 -- Hydro HIIT	30 mins NEW	⊗ ⊗ ⊗ ⊗

Tuesday 29 Jan 2019	Duration	Intensity Level
06:45 -- GRIT Plyometric	30 mins	⊗ ⊗ ⊗ ⊗
08:30 -- Aquafit	45 mins	⊗ ⊗ ⊗ ⊗
09:20 -- GRIT Cardio	30 mins	⊕ ⊕ ⊕ ⊕
09:30 -- Aquafit	45 mins	⊗ ⊗ ⊗ ⊗
10:30 -- Body Pump	60 mins	⊗ ⊗ ⊗ ⊗
		⊗ ⊗ ⊗ ⊗

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10:45 -- Pilates Progression	55 mins	
11:30 -- Water for Sport	30 mins	⊕ ⊕ ⊕ ⊕
12:00 -- Pilates Fundamentals	55 mins	⊕ ⊕ ⊕ ⊕
14:30 -- Active Life Gym	60 mins	
17:30 -- Pilates Progression	55 mins	⊕ ⊕ ⊕ ⊕
17:45 -- Body Pump	60 mins	⊕ ⊕ ⊕ ⊕
18:45 -- Pilates Fundamentals	55 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Total Body Workout	45 mins	⊕ ⊕ ⊕ ⊕
20:00 -- Hydro Pole	30 mins NEW	⊕ ⊕ ⊕ ⊕

Wednesday 30 Jan 2019	Duration	Intensity Level
06:45 -- Body Attack	30 mins	⊕ ⊕ ⊕ ⊕
07:00 -- Pilates	45 mins	⊕ ⊕ ⊕ ⊕
08:30 -- Aquafit	45 mins	⊕ ⊕ ⊕ ⊕
09:25 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
10:15 -- Tai Chi	55 mins	⊕ ⊕ ⊕ ⊕
10:30 -- Total Body Workout	55 mins	⊕ ⊕ ⊕ ⊕
11:30 -- Zumba	60 mins	⊕ ⊕ ⊕ ⊕
14:35 -- Active Life Aquafit	55 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Body Attack	55 mins	⊕ ⊕ ⊕ ⊕
18:00 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
18:15 -- Aquafit	45 mins	⊕ ⊕ ⊕ ⊕
18:50 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Aqua Therapy (Deep Water 1.75m)	30 mins	⊕ ⊕ ⊕ ⊕
19:00 -- Body Pump	55 mins	⊕ ⊕ ⊕ ⊕
20:00 -- Hydro Fighter	30 mins	
20:55 -- Floatfit	30 mins NEW	⊕ ⊕ ⊕ ⊕

Thursday 31 Jan 2019	Duration	Intensity Level
06:45 -- Studio Cycle	45 mins	⊕ ⊕ ⊕ ⊕
09:00 -- Body Attack	30 mins	⊕ ⊕ ⊕ ⊕

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09:35 -- Body Pump	45 mins	
09:45 -- Aquajog	30 mins NEW	
10:35 -- Aqua Circuits	45 mins	
10:45 -- Pilates Progression	55 mins	
12:00 -- Pilates Fundamentals	55 mins	
14:00 -- Aquafit (Intro Class)	30 mins	
14:30 -- Active Life Gym	55 mins	
14:35 -- Aqua Therapy	45 mins	
18:00 -- Pilates Fundamentals	55 mins	
19:00 -- Pilates Progression	55 mins	

Friday 01 Feb 2019	Duration	Intensity Level
07:00 -- GRIT Strength	30 mins	
08:30 -- Studio Cycle	45 mins	
09:00 -- Body Attack	45 mins	
09:30 -- Studio Cycle	45 mins	
09:50 -- Total Body Workout	55 mins	
10:15 -- Active Life Studio	55 mins	
11:00 -- Hydro HIIT	30 mins NEW	
12:15 -- Studio Cycle	45 mins	
14:10 -- Active Life Aquafit	45 mins	
14:55 -- Active Life Aquafit (Active Life Deep Water)	30 mins	
19:00 -- Body Pump	55 mins	

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