

Monday 21 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	★ ★ ★ ★
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 <b>NEW</b>	★ ★ ★ ★
19:00 -- Total Tone	60 mins	★ ★ ★ ★
19:05 -- Hydro HITT	30 mins <b>NEW</b>	★ ★ ★ ★

  

Wednesday 23 Jan 2019	Duration	Intensity Level
08:45 -- Yoga	60 mins	★ ★ ★ ★
10:00 -- Yoga	60 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.

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 <b>NEW</b>	
19:00 -- Hydro HIIT	30 mins <b>NEW</b>	
20:00 -- Clubbercise	60 mins	

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 <b>NEW</b>	
19:00 -- Metafit	30 mins	
19:15 -- Studio Cycle	45 mins	

Friday 25 Jan 2019	Duration	Intensity Level
07:30 -- Hydro Pole	30 mins <b>NEW</b>	
08:05 -- Hydro Pole	30 mins <b>NEW</b>	
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 <b>NEW</b>	
18:30 -- Zumba	60 mins	
18:50 -- Hydro Pole	30 mins <b>NEW</b>	

Saturday 26 Jan 2019	Duration	Intensity Level
09:20 -- Abs	30 mins	

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10:00 -- Studio Cycle	60 mins	
13:00 -- Ability 2 Play Gym	60 mins	⊕ ⊕ ⊕ ⊕

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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.