

Monday 25 Mar 2019	Duration	Intensity Level
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	★ ★ ★ ★

  

Tuesday 26 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	★ ★ ★ ★

This timetable is current as of 19/03/2019. 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.

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	
18:45 -- Studio Cycle	45 mins	

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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	
16:30 -- 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.

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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