

Monday 25 Mar 2019	Duration	Intensity Level
09:15 -- Abs	15 mins	★ ★ ★ ★
09:30 -- Pump FX	50 mins	★ ★ ★ ★
10:30 -- Active Life Class	50 mins	
11:15 -- Running	60 mins	
11:30 -- Pilates	60 mins	★ ★ ★ ★
12:30 -- Aquafit (Beach area available)	45 mins	★ ★ ★ ★
16:30 -- Junior Gym	45 mins	★ ★ ★ ★
18:00 -- Spinning	45 mins	
19:00 -- Metafit	30 mins	★ ★ ★ ★
19:00 -- Pilates	60 mins	★ ★ ★ ★

Tuesday 26 Mar 2019	Duration	Intensity Level
09:00 -- Yoga	60 mins	★ ★ ★ ★
09:15 -- Abs	15 mins	★ ★ ★ ★
09:30 -- Step/ Beginner Step	60 mins	★ ★ ★ ★
10:30 -- Active Life Class	50 mins	
10:30 -- BOSU Body Balance	40 mins	★ ★ ★ ★
13:00 -- Active Life Aquafit (Beach area available)	60 mins	★ ★ ★ ★
18:00 -- Spinning	45 mins	
19:00 -- Aquafit (Beach area available)	60 mins	★ ★ ★ ★
19:00 -- Pump FX	50 mins	★ ★ ★ ★

Wednesday 27 Mar 2019	Duration	Intensity Level
09:15 -- Abs	15 mins	★ ★ ★ ★
09:30 -- Circuits	50 mins	★ ★ ★ ★
09:30 -- Hydro HIIT (Beach area available)	29 mins NEW	★ ★ ★ ★

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.

10:30 -- Studio Cycle	45 mins	⊛ ⊛ ⊛ ⊛
10:30 -- Yoga	60 mins	⊛ ⊛ ⊛ ⊛
17:30 -- Yoga (Iyengar Yoga)	75 mins	⊛ ⊛ ⊛ ⊛
18:00 -- Spin Circuits	45 mins	⊛ ⊛ ⊛ ⊛
19:00 -- Kettlebells	50 mins	⊛ ⊛ ⊛ ⊛
19:00 -- Triathlon (Castle Tri Club 19.00-21.00) (Masters 1 Lane 19.00-20.00)	120 mins	

Thursday 28 Mar 2019	Duration	Intensity Level
09:15 -- Abs	15 mins	⊛ ⊛ ⊛ ⊛
09:30 -- Kettlebells	50 mins	⊛ ⊛ ⊛ ⊛
10:30 -- Active Life Class	50 mins	
10:30 -- BOSU Body Balance	40 mins	⊛ ⊛ ⊛ ⊛
11:00 -- Aquafit (Beach area available)	45 mins	⊛ ⊛ ⊛ ⊛
16:30 -- Junior Gym	45 mins	⊛ ⊛ ⊛ ⊛
18:00 -- Studio Cycle	45 mins	⊛ ⊛ ⊛ ⊛
18:00 -- Step/ Beginner Step	60 mins	⊛ ⊛ ⊛ ⊛
19:00 -- Aquafit (Beach area available)	60 mins	⊛ ⊛ ⊛ ⊛
19:00 -- Bootcamp	45 mins	⊛ ⊛ ⊛ ⊛

Friday 29 Mar 2019	Duration	Intensity Level
09:00 -- Pilates	60 mins	⊛ ⊛ ⊛ ⊛
09:15 -- Abs	15 mins	⊛ ⊛ ⊛ ⊛
09:30 -- Legs, Bums & Tums	50 mins	⊛ ⊛ ⊛ ⊛
10:15 -- Studio Cycle	45 mins	⊛ ⊛ ⊛ ⊛
10:30 -- Zumba	50 mins	⊛ ⊛ ⊛ ⊛
11:00 -- Aquajog (Beach area available)	29 mins NEW	⊛ ⊛ ⊛ ⊛
11:30 -- Yoga	60 mins	⊛ ⊛ ⊛ ⊛
12:10 -- Aquafit (Beach area available) (Main pool reserved for aquafit 12.00-13.00)	45 mins	⊛ ⊛ ⊛ ⊛

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17:45 -- Abs	15 mins	⊛ ⊛ ⊛ ⊛
18:00 -- Metafit	30 mins	⊛ ⊛ ⊛ ⊛

Saturday 30 Mar 2019	Duration	Intensity Level
09:00 -- Pilates	60 mins	⊛ ⊛ ⊛ ⊛
09:15 -- Studio Cycle	45 mins	⊛ ⊛ ⊛ ⊛

Sunday 31 Mar 2019	Duration	Intensity Level
09:30 -- Kettlebells	50 mins	⊛ ⊛ ⊛ ⊛
10:30 -- Studio Cycle	45 mins	⊛ ⊛ ⊛ ⊛

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