

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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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.

17:45 -- 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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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	

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