

EXERCISE CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 - 7:00am Hatha Flow Yoga		9:00 - 9:45am Gentle Flow Yoga		6:30 - 7:15am Spin (All Levels)	9:00 - 9:45am Spin (All Levels)	
6:30 - 7:15am Spin (All Levels)		9:45 - 10:30am Gentle Flow Yoga	9:30 - 10:15am Body Tone		9:00 - 10:00am Tai Chi	
9:30 - 10:15am Gentle Flow Yoga	9:30 - 10:15am Beginner Pilates	10:30 - 11:15am Aqua Aerobics	10:30 - 11:15am Body Tone	10:30 - 11:15am Aqua Aerobics	10:00 - 11:00am Tai Chi	10:00 - 10:45am Full Body Tone
10:30 - 11:15am Aqua Aerobics	10:30 - 11:15am Beginner Pilates		6:00 - 6:45pm Hatha Flow Yoga			
6:15-7:00 pm Hatha Flow Yoga	6:30 - 7:15pm Spin (All Levels)	6:00 - 6:45pm Body Sculpt	7:00 - 7:45pm Spin (All Levels)			
7:00 - 7:45pm Legs, Bums and Tums	6:30 - 7:15pm Dance Fit	7:00 - 7:45pm Pilates	7:00 - 7:45pm Rest & Relax Yin Yoga			
8:00 - 8:45pm Body Circuit	7:30 - 8:15pm Tone & Tighten	8:00 - 8:45pm Pilates	8:00 - 8:45pm Beginner Pilates			

Please Note: Participants will need to bring their own exercise mats to each Class.

All Fitness Classes are complimentary for Gold Members and Corporate Members. Classes must be pre-booked, up to 1 week in advance. If you cannot attend please contact us in advance so that we can offer a member on the waiting list an opportunity to attend. Timetable is subject to change due to demand.