

## EXERCISE CLASS TIMETABLE- SUMMER TIMETABLE (6<sup>th</sup> JULY- 6<sup>th</sup> SEPTEMBER)

| Monday                                  | Tuesday                               | Wednesday                          | Thursday                                  | Friday                                | Saturday                              | Sunday                            |
|-----------------------------------------|---------------------------------------|------------------------------------|-------------------------------------------|---------------------------------------|---------------------------------------|-----------------------------------|
| 6:30 - 7:15am<br>Spin<br>(All Levels)   |                                       | 9:00 - 9:45am<br>Gentle Flow Yoga  |                                           | 6:30 - 7:15am<br>Spin<br>(All Levels) | 9:00 - 9:45am<br>Spin<br>(All Levels) |                                   |
| 9:30 - 10:15am<br>Gentle Flow Yoga      | 9:30 - 10:15am<br>Beginner Pilates    | 9:45 - 10:30am<br>Gentle Flow Yoga | 9:30 - 10:15am<br>Body Tone               |                                       | 9:00 - 10:00am<br>Tai Chi             |                                   |
|                                         | 10:30 - 11:15am<br>Beginner Pilates   | 10:30 - 11:15am<br>Aqua Aerobics   |                                           | 10:30 - 11:15am<br>Aqua Aerobics      | 10:00 - 11:00am<br>Tai Chi            | 10:00 - 10:45am<br>Full Body Tone |
| 5:30 - 6:15pm<br>Hatha Flow<br>Yoga     |                                       |                                    | 6:00 - 6:45pm<br>Hatha Flow Yoga          |                                       |                                       |                                   |
| 6:15-7:00 pm<br>Hatha Flow Yoga         | 6:30 - 7:15pm<br>Spin<br>(All Levels) | 6:00 - 6:45pm<br>Body Sculpt       | 7:00 - 7:45pm<br>Spin<br>(All Levels)     |                                       |                                       |                                   |
| 7:00 - 7:45pm<br>Legs, Bums and<br>Tums |                                       | 7:00 - 7:45pm<br>Pilates           | 7:00 - 7:45pm<br>Rest & Relax<br>Yin Yoga |                                       |                                       |                                   |
|                                         | 7:30 - 8:15pm<br>Tone & Tighten       | 8:00 - 8:45pm<br>Pilates           | 8:00 - 8:45pm<br>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.*