

Early Bird

Morning

Afternoon

Evening

MONDAY

06.15-07.00	Kettle Camp	BMW	GI	(600 Cal)
08.45-09.15	FAB	Mini	Julie	
09.15-10.00	Aqua Fit	Pool	Debbie	(250 Cal)
09.30-10.00	Quick HIIT Cardio	Gym	GI	
09.30-10.30	BODYPUMP	BMW	Julie	(560 Cal)
09.30-10.30	BODYVIVE	Mini	Kym	(450 Cal)
09.30-10.30	Simply Circuits	Wellness	Phil	
09.30-10.00	Boot Camp	X-Fit	Sally	
10.00-10.30	Group MetCon	X-Fit	Simon	
10.00-10.30	Core Conditioning	Gym	GI	
10.00-10.45	Aqua Fit	Pool	Suzie	(250 Cal)
10.30-11.30	Zumba	Mini	Kym	
10.30-11.30	BODY Attack	BMW	Debbie	(675 Cal)
10.30-11.15	Spinning	Spin	Anne	(500 Cal)
10.30-11.30	Simply Gym	Gym	Phil	
10.30-11.30	BODYBALANCE	Wellness	Julie	(390 Cal)
11.30-12.30	Beginners Pilates	BMW	Julie	
11.30-12.30	Yoga	Mini	Tony	
13.00-14.00	Chair Based Class	Wellness	Kathryn	
13.30-14.30	BODYCOMBAT	BMW	Debbie	(737 Cal)
17.45-18.30	Spinning	Spin	Sally W	(500 Cal)
17.45-18.30	Warrior Fit	BMW	Simon	(500 Cal)
18.00-18.30	METAFIT	Mini	Jen	
18.30-19.30	Strength Club	X-Fit	Dion	
18.30-19.30	BODYPUMP	BMW	Jen	(560 Cal)
18.30-19.30	BODYBALANCE	Mini	Pam	(390 Cal)
18.45-19.30	Spinning	Spin	Sally N	(500 Cal)
19.30-20.00	Core on the Ball	Wellness	Pam	
19.30-20.30	Body Attack	BMW	Debbie	(675 Cal)
19.30-20.15	Hydro Boot Camp	Pool	Suzie	(600 Cal)

TUESDAY

06.15-07.00	Group Met Con	BMW	GI	
06.30-07.30	BODYBALANCE	Mini	Julie	(390 Cal)
07.30-08.30	BODYPUMP	BMW	Julie	(560 Cal)
09.30-10.30	Simply Spin	Spin	Phil	
09.30-10.30	Simply Pilates	Wellness	Julie	
09.30-10.30	Circuits	BMW	GI	
09.30-10.30	Adv Pilates	Mini	Kym	
10.00-11.00	Ducklings	Pool	Suzie	
10.30-11.30	Body Step	BMW	Debbie	(620 Cal)
10.30-11.15	Spinning	Spin	Anne	(500 Cal)
10.30-11.30	Zumba	Mini	Kym	(400 Cal)
12.00-13.00	Knee Rehab	Wellness	GI	
13.30-14.30	Back Care*	Wellness	Julie	
13.30-14.30	Gentle Yoga	BMW	Jean	
13.30-14.15	Aqua Fit	Pool	Debbie	(250 Cal)
14.00-15.00	Breathe Easy	Gym	GI	
17.30-18.30	BODYBALANCE	Wellness	Denise	(390 Cal)
18.00-19.00	BODYCOMBAT	BMW	Debbie	(737 Cal)
18.00-18.45	Met Con	Gym	Simon	
18.45-19.30	Spinning	Spin	Anne	(500 Cal)
19.15-19.45	Calisthenics	Gym	Lewis	
19.00-20.00	Body Step	BMW	Debbie	(620 Cal)
20.00-21.00	Yoga Stretch	BMW	Sue	

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WEDNESDAY

06.30-07.15	Spinning	Spin	Sally W	(500 Cal)
08.45-09.15	FAB	Mini	Julie	
09.30-10.30	Simply Active	Wellness	Phil	
09.30-10.00	Quick HIIT Cardio	Gym	GI	(560 Cal)
09.30-10.15	Lower Body Blitz	X-Fit	GI	
09.30-10.30	BODYPUMP	BMW	Jen	(560 Cal)
09.30-10.30	BODYVIVE	Mini	Julie	(450 Cal)
09.30-10.15	Aqua Fit	Pool	Debbie	(250 Cal)
10.00-10.30	Core on the ball	Gym	GI	
10.30-11.00	GRIT Series	Mini	Jen	(390 Cal)
10.30-11.15	Spinning	Spin	Sally W	(500 Cal)
10.30-11.30	Pilates	BMW	Julie	
11.30-12.30	Yoga	BMW	Tony	
13.00-14.00	Neuro Rehab	Wellness	GI	
17.45-18.45	BODYPUMP	BMW	Julie	(560 Cal)
17.45-18.30	Spinning	Spin	Sally N	
18.00-18.45	Quick HIIT cardio/abs	Mini	GI	
18.45-19.30	Spinning	Spin	Anne	
18.45-19.45	BODYVIVE	Mini	Julie	(450 Cal)
19.30-20.30	Pilates	Wellness	Denise	
19.30-20.00	Met Con	Gym	GI	

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CLASS TIMETABLE 2017 - Effective from 9th October 2017

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Early Bird

06.15-07.00	Quick HIIT Cardio/Abs	BMW	GI	(500 Cal)
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06.30-07.15	Spinning	Spin	Sally N	(500 Cal)
06.30-07.30	BODYBALANCE	BMW	Julie	(390 Cal)

Morning

09.30-10.30	Circuits	BMW	GI	
09.30-10.30	Pilates	Mini	Kym	
10.30-11.15	Spinning	Spin	Sally N	(500 Cal)
10.30-11.30	Body Combat	Mini	Debbie	
10.30-11.30	Zumba	BMW	Kym	(400 Cal)
11.00-12.00	Ducklings	Pool	Suzie	

08.45-09.15	FAB	Mini	Julie	
09.30-10.15	Aqua Fit	Pool	Debbie	(250 Cal)
09.30-10.15	Group MetCon	X-Fit	Simon	
09.30-10.00	Quick HIIT Cardio	Gym	GI	
10.00-10.30	Core on the Ball	Gym	GI	
09.30-10.30	BODYPUMP	BMW	Julie	(560 Cal)
09.30-10.30	Zumba	Mini	Laura	(400 Cal)
09.30-10.30	Simply Circuits	Wellness	Phil	
10.30-11.15	Spinning	Spin	Sally N	
10.30-11.30	Simply Gym	Gym	Phil	
10.30-11.30	BODYVIVE	Mini	Kym	(450 Cal)
10.30-11.30	Pilates	BMW	Julie	
10.30-11.30	Circuits	Gym	Kathryn	
10.45-12.15	Yoga	Wellness	Tony	

08.30-09.30	WARRIOR Fit	BMW	GI	
09.30-10.30	Strength Club	X-Fit	GI	
09.30-10.30	BODY Step	BMW	Debbie	(620 Cal)
09.30-10.30	Zumba	Mini	Lora	(400 Cal)
09.30-10.15	Spinning	Spin	GI	(500 Cal)
10.30-11.30	BODYPUMP	BMW	Debbie	(560 Cal)

09.30-10.00	Group Met Con	Gym	GI	
10.00-11.00	Spinning	Spin	Leanne	(500 Cal)
10.00-11.00	BODYBALANCE	Mini	Denise	(390 Cal)

Afternoon

13.30-14.30	Gentle Yoga	BMW	Sue	
13.30-14.15	Aqua Fit	Pool	Debbie	(250 Cal)

13.30-14.30	BODYATTACK	BMW	Debbie	(675 Cal)
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Evening

18.00-18.45	Warrior Fit	BMW	GI	
18.45-19.30	Spinning	Spin	Adam	(500 Cal)
18.45-19.15	Core on the Ball	Gym	GI	
19.00-19.45	Hydro Fit	Pool	Suzie	(500 Cal)
19.00-20.00	Strength Club	X-Fit	Dion	
19.00-20.00	Body Step	BMW	Debbie	
19.00-20.00	BODYBALANCE	Mini	Pam	(390 Cal)

17.30-18.15	Spinning	Spin	Sally W	(500 Cal)
18.00-18.30	Quick HIIT Cardio	Gym	GI	

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(Calorie Counter)
 *Please note
 Average Calories only. Can vary dependent on intensity etc.

