

Class Timetable

the Club:
exercise & relax

| Time | Class | Instructor |
|-------------------|-----------------|------------|
| 9.00am - 9.45am | Pilates | Elaine |
| 10.00am - 10.45am | Aquafit | Barbara |
| 10.00am - 10.45am | Sculpt and Tone | Carole |
| 11.00am - 11.45am | Aquafit | Barbara |
| 5.30pm - 6.00pm | Metafit | Gemma |
| 6.05pm - 6.35pm | Piyo | Gemma |
| 6.45pm - 7.30pm | Indoor Cycling | Lyndsey S |

Tuesday

| Time | Class | Instructor |
|------------------|-------------------------|------------|
| 9.00am - 9.45am | Body Conditioning | Barbara |
| 9.55am - 10.55am | Hatha Yoga | Elaine |
| 5.30pm - 6.15pm | Indoor Cycling | Emma |
| 6.30pm - 7.15pm | Total Body Conditioning | Jade |
| 7.30pm - 8.15pm | Hatha Yoga | Sophie |

Wednesday

| Time | Class | Instructor |
|-------------------|------------------|------------|
| 10.00am - 10.45am | Aquafit | Steph |
| 11.00am - 11.45am | Aquafit | Steph |
| 11.00am - 12.00pm | Pilates | Fiona |
| 6.00pm - 6.45pm | Circuits | Allan |
| 7.00pm - 7.45pm | Gentle Flow Yoga | Nav |

Thursday

| Time | Class | Instructor |
|-------------------|------------------------|------------|
| 11.00am - 11.45am | Aqua Zumba | Carole |
| 5.30pm - 6.15pm | Full Body Conditioning | Barbara |
| 6.45pm - 7.45pm | Pilates | Gail |

Friday

| Time | Class | Instructor |
|-------------------|-----------|------------|
| 8.55am - 9.25am | Flexi Fun | Gemma |
| 9.30am - 10.00am | Flexi Fun | Gemma |
| 10.15am - 11.00am | Zumba | Carole |

Saturday

| Time | Class | Instructor |
|-------------------|------------------------|------------|
| 9.15am - 10.00am | Indoor Cycling | Lynsey R |
| 10.15am - 11.00am | Full Body Conditioning | Svetlana |