

# The Club Class Timetable

**the Club:**  
exercise & relax

## Monday

Time	Class	Instructor
9.15am - 10.00am	Pilates	Nicky
10.00am - 10.45am	Aquafit	Barbara
10.10am - 10.55am	Sculpt and Tone	Carol
11.00am - 11.45am	Aquafit	Barbara
5.30pm - 6.00pm	Metafit	Gemma
6.05pm - 6.35pm	Piyo	Gemma
6.45pm - 7.30pm	(NEW) Spin	Lynsey M

## Tuesday

Time	Class	Instructor
9.00am - 9.45am	Body Conditioning	Barbara
9.55am - 10.55am	Hatha Yoga	Elaine
5.30pm - 6.15pm	Spin	Cleo
6.30pm - 7.15pm	Body Burn	Lyndsey S
7.20pm - 8.20pm	(NEW) Hatha Yoga	Sophie

## Wednesday

Time	Class	Instructor
10.00am - 10.45am	(NEW) Aquafit	Ingrid
11.00am - 11.45am	(NEW) Aquafit	Ingrid
11.00am - 12.00pm	Pilates	Fiona M
6.00pm - 6.45pm	Circuits	Lisa
7.00pm - 7.45pm	Legs, Bums and Tums (LBT)	Lyndsey S

## Thursday

Time	Class	Instructor
11.00am - 11.45am	Aqua Zumba	Carol
5.30pm - 6.30pm	Spin and Conditioning	Cleo
6.45pm - 7.45pm	Pilates	Gail

## Friday

Time	Class	Instructor
9.30am - 10.00am	Flexi Fun	Gemma
10.15am - 11.00am	Zumba	Carol

## Saturday

Time	Class	Instructor
9.15am - 10.00am	Spin	Cleo