

Class timetable

June 2018

Key: ■ Aerobic ■ Strength & Endurance ■ Mind & Body

Monday		Tuesday		Wednesday	
09.30	Body Blast Studio 2	07.00	HITT Studio 2	18.15	Yoga Studio 2
10.30	Pilates Studio 2	08.00		19.15	
11.30		18.15	Indoor Cycling 45 Studio 2	19.15	Zumba® Studio 2
18.15	Bums, Legs & Tums Studio 2	19.00	Core Circuits Studio 2	20.15	
19.15		20.00			

Thursday		Friday		Saturday	
18.15	Indoor Cycling 45 Studio 2	18.30	Yoga Studio 2	08.45	Pilates Studio 2
19.00		19.30		09.45	Body Conditioning Studio 2
19.00	Pilates Studio 2			10.45	Body Blast Studio 2
20.00				11.45	

Please advise your instructor if you are **new to group exercise** or of any **medical conditions** that may affect your ability to exercise.

Please ensure you provide at least **48 hours** notice if you are unable to attend a class. Failure to do so may result in charges.

Members can book **7 days in advance**, either online or by contacting reception. Non-members may book 2 days in advance.