











2020 TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Express Spin 7:00am	Burn & Tone 7:00am	Express Spin 7:00am	Tabata HIIT 7:00am	Express Spin 7:00am		Inflatable Hour 11:00am
Aqua Aerobics 9:30am		Aqua Aerobics 9:30am		Aqua Aerobics 9:30am		Burn & Tone 12:00am
					Teen Gym 1:00pm	Teen Gym 1:00pm
Upper Body Workout 6:00pm	Spin 6:00pm	Strength & Conditioning 6:00pm	Total Core 6:00pm	Lower Body Workout 6:00pm		
Step Aerobics 7:00pm	Aqua Aerobics 7:00pm	Spin 7:00pm	Aqua Aerobics 7:00pm			

 Tabata HIIT	 Total Core	 Teen Gym	 Inflatable Hour	 Aqua Aerobics
 Lower Body Workout	 Burn & Tone	 Spin	 Express Spin	 Step Aerobics

PROUD TO BE AFFILIATED WITH **LES MILLS**

Les Mills Virtual workouts combine the world-leading fitness programs with pumping music and motivation from some of the best instructors on the planet. It's an inspiring experience that will drive amazing results.

Virtual Classes are on demand and can be played anytime once the fitness studio is available
- just ask your Gym instructor for details.

Choose from five different classes: Body Balance, Body Combat, Body Pump, CX Worx and Sprint Spin class.

There are different lengths of classes available so there's no more excuses not to get your workout done!