

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30am-8:00am Omnia gym all levels	7:30am – 8:00am Indoor cycling IC Area all levels	9:30pm - 10:30am body pump studio 1 all levels	7:30am-8:00am Omnia gym all levels	7:30am – 8:00am Indoor cycling IC Area all levels	9:00am - 9:45am body attack studio 1 all levels	10:00am - 11:00pm body pump studio 1 all levels
9:30am -10:30am body attack studio 1 all levels	9:30am - 10:25am legs, bums & tums studio 2 all levels	10:40am - 11:10am cxworx studio 1 all levels	9:30am - 10:30am yoga studio 2 all levels	9:30am - 10:15am body attack studio 1 all levels	9:10am - 09:55am ballet fitness studio 2 all levels	
9:30am - 10:30am pilates** studio 2 improvers	10:30am-11:30am body balance studio 2 all levels	6:00pm – 7:00pm pilates** studio 2 improvers	9:30am - 10:30am Body Combat studio 1 all levels	10:30pm - 11:15am body pump studio 1 all levels	10:15am - 11:15am zumba studio 1 all levels	
10:30am-11:05am cxworx studio 1 all levels	6:00pm – 6:30pm Metafit Studio 1 all levels	6.45pm - 7:45pm body attack studio 1 all levels	6:45pm – 7:30pm body pump Studio 1 all levels		10:00am - 11:00am body balance studio 2 all levels	
6.00pm- 6:45pm body attack studio 1 all levels	6:30pm - 7:30pm yoga studio 2 all levels	7:05pm - 8:00pm advanced kettlercise ** studio 2 advanced	7:00pm - 7.45pm Strong studio 2 all levels			
6:00pm - 6:45pm cize cardio dance studio 2 all levels	7:30pm – 8:30pm body pump Studio 1 all levels		7:30pm - 8:00pm Omnia gym all levels			
6:50pm - 7:20pm cxworx studio 1 all levels						
7:00pm - 8:00pm body balance studio 2 all levels						

Clubbercise – We are currently hoping to relaunch Clubbercise in September....watch this space!

\*\* Must attend beginners/introductory courses prior to attendance.

key to class type

- strength / toning
- cardio / calorie burning
- water exercise
- mind body training