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Saturday			8:00 - 19:00
09.15-10.00	Les Mills Body Pump	Dionne	Studio 1
09.30-10.30	Pilates	Nicola	Mind & Body Studio
09.45-10.30	Athletic Performance	Fitness Coach	Rig
10.00-10.45	Spin	Claire	Spin Studio
10.00-10.45	Les Mills Body Step	Dionne	Studio 1
10.45-11.45	Yoga	Nicola	Mind & Body Studio
10.45-11.30	Body Tone	Dionne	Studio 1
11.30-12.15	Zumba	Nabila	Studio 1
Sunday			8:00 - 19:00
Your paragraph text			
09.30-10.00	HIIT	Eddie	Studio 1
10.00-10.40	Aqua	Claire	Small Pool
10.15-10.45	Spin	Eddie	Spin Studio
10.45-11.25	Aqua	Claire	Small Pool
11.30-12.30	Yoga	Anne	Mind & Body Studio