



CLASS TIMETABLE

DAY	TIME	CLASS	ROOM
MONDAY	5:15AM 6:00AM 8:00AM 6:00PM 6:00PM	POWER BAR POWER BAR AQUA AEROBICS HIIT CIRCUIT ZUMBA	MAIN MAIN POOL FUNCTIONAL MAIN
TUESDAY	5:15AM 8:00AM 9:15AM 5:15PM 6:00PM	ABS, BUTT & THIGHS HFL - FUNCTIONAL PILATES MUAY THAI YOGA	MAIN FUNCTIONAL MAIN BOXING MAIN
WEDNESDAY	5:15AM 6:00AM 8:00AM 5:15PM 6:15PM	HIIT CIRCUIT HIIT CIRCUIT AQUA AEROBICS SPIN CIRCUIT AQUA AEROBICS	FUNCTIONAL FUNCTIONAL POOL MAIN POOL
THURSDAY	5:15AM 6:00AM 9:15AM 7:45AM 5:15PM 6:15PM	BOOT CAMP BOOT CAMP STRETCH & MOBILITY HFL - STRENGTH YOGA HIIT CIRCUIT	MAIN MAIN MAIN WEIGHTS MAIN FUNCTIONAL
FRIDAY	5:15AM 6:00AM 8:00AM	HIIT CIRCUIT HIIT CIRCUIT AQUA AEROBICS	FUNCTIONAL FUNCTIONAL POOL
SATURDAY	7:00AM 8:15AM 9:15AM	BOOT CAMP PILATES ZUMBA	MAIN MAIN MAIN

DESCRIPTION

ABS, BUTT & THIGHS	A high-burn fun class for ALL fitness levels and abilities designed to work ABS, BUTT & THIGHS.	PILATES	Build body awareness, core strength, balance and flexibility with classical Pilates mat exercises.
AQUA AEROBICS	A great workout in the pool, focusing on a combination of cardio and resistance exercises.	POWER BAR	A full body strength class that incorporates the use of barbells and dumbbells.
BOOT CAMP	A variety of drills, strength exercises, plyometrics and cardio. Good for those looking at kickstarting their morning.	STRETCH & MOBILITY	The primary focus of Stretch & Mobility is to care for your muscles and joints.
HEALTHY FOR LIFE	Low-Impact strength and balance class for older adults delivered in a relaxed social environment.	YOGA	Increase your strength and flexibility, and improve breath capacity.
HIIT CIRCUIT	Give 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.	ZUMBA	A combination of Latin and International music with dance moves.
MUAY THAI	Build strong skills, increase self defence, refine technique and improve overall conditioning levels.	SPIN CIRCUIT	A combination of strength circuits and spin/cycling to give you a HIIT workout that focuses on high-intensity cardio with a contrasting high volume of strength workouts.