

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00			Xtreme Burn (30)				
07:30	HIT (30)	07:45 Indoor Spin (30) Burn 360 (30)		Tae Bo Shred (60)	Xtreme Diesel Burn (60)		Tara Stiles Warehouse Intermediate Yoga (60)
08:00			Tone It Up 2 (60)			Dance & Sweat (60)	
08:30							
09:00							
09:30	Sculpt & Tone (60)	Bodyblast (60)	Doonya (60)	Ignite (60)	Doonya Body Weight (60)		
10:00							
10:30	Senior Ladies (60)		Senior Mens (60)		Billy Blanks Bootcamp Shred (60)	Bodybar (60)	
11:00		Billy Blanks Taebo Intensity (60)		Doonya (60)	Active Seniors (60)		Circuits (60)
11:30			WOW (30)		Xtreme Burn Abs & Core (30)		
12:00	Xtreme Burn (60)	Tone It Up (60)	Xtreme Abs & Core (30)				
12:30			Dance & Sweat (60)	Yoga Beach 2 (30)	Piloxing Workout 2 (60)		
13:00	Tara Stiles Rooftop Yoga (60)	Extreme Abs & Core (30)					
13:30							
14:00	Xtreme Abs Burn (30)	Piloxing Workout 2 (60)		Xtreme Burn (60)			
14:30							
15:00	Billy Blanks Bootcamp Shred (60)		Piloxing Workout 2 (60)				
15:30							
16:00							
16:30							
17:00							
17:30					All Request Friday		
18:00	Bodybar (60)		18:15 Circuits (60)	18:15 Step & Tone (60)			
18:30		Week 1 Fortnightly Circuits Week 2 Step Aerobics (60)					
19:00	19:15 Indoor Cycling (45)						
19:30		19:30 Indoor Cycling (45)	Zumba (60)	Indoor Cycling (60)			
20:00							
20:30							



# SUMMER 2017

Classes are subject to change at short notice but every attempt will be made to stay with the timetable.

VIRTUAL CLASSES
  INSTRUCTOR-LED CLASSES