

January

Monday

Time	Class	Level	Studio	Instructor
7:30-8:00	Senior Circuit	All	Studio 2	Alex
9:30-10:30	Total Step	Int	Studio 1	Sandra
9:30-10:30	Total Pump	All	Studio 2	Linda
10:30-11:30	Total Tone	All	Studio 1	Sandra
10:30-11:15	Total Aqua	All	Small Pool	Toni
10:45-11:30	Spin Climb	Int	Spin Studio	Linda
11:30-12:15	50's Circuit	All	Studio 2	Alex
12:00-1:00	Pilates	All	M&B Studio	Linda
5:30-6:15	Kids Zone	5-12yr	Studio 1	Gym
5:30-6:15	Early LBT	All	Studio 2	Lesley
6:15-7:00	LBT	All	Studio 2	Lesley
6:00-7:00	Aerobics	All	Studio 1	Bertrand
6:15-7:15	Spin Extreme	Int/Adv	Spin Studio	Dave
6:30-7:30	Yoga	All	M&B Studio	Susan
7:00-8:00	Master Swim	Adult	Main Pool	Katca
7:00-8:00	Body Conditioning	All	Studio 1	Bertrand
7:15-8:15	Total Pump	All	Studio 2	Peta
7:30-8:30	Total Aqua	All	Small Pool	April
7:45-8:45	Yoga	All	M&B Studio	Susan

Tuesday

Time	Class	Level	Studio	Instructor
9:30-10:15	Spin Express	All	Spin Studio	Linda
9:30-10:15	Aerobics	All	Studio 1	Nikki
10:15-11:00	Total Tone	All	Studio 1	Nikki
11:15-12:00	Total Aqua	All	Small Pool	Nikki
12:30-1:00	Begin To Spin	All	Spin Studio	Gym
1:00-2:15	Yoga	All	M&B Studio	Janet
4:30-5:30	Kids Zone	5-12yr	Studio 2	Gym
5:30-6:30	Karate	All	Studio 2	Joe
6:30-7:30	Aero Circuit	All	Studio 2	Lesley
6:30-7:30	Spin Extreme	Int/Adv	Spin Studio	Dave
6:30-7:30	Box Fit Beginners	All	Studio 1	Ryan
6:30-7:45	Yoga	All	M&B Studio	Kate
7:30-8:30	Box Fit Advanced	All	Studio 1	Ryan
7:30-9:00	TKs Karate Club	All	Studio 2	£

Wednesday

Time	Class	Level	Studio	Instructor
7:00-8:00	Rise n Shine	All	Studio 2	Gym
9:30-10:30	Total Tone	All	Studio 1	Steph
9:30-10:30	Pilates	All	M&B Studio	Toni
12:30-1:00	Spin Express	All	Spin Studio	Gym
4:30-5:30	Kids Zone	All	Studio 2	Gym
5:30-6:15	Spin Express	All	Spin Studio	Dave
6:00-7:00	Total Pump	Int	Studio 2	Bertrand
6:30-7:15	Groove FX	All	Studio 1	Jo
7:00-8:00	Total Step	Int/Adv	Studio 2	Bertrand
7:15-8:15	Jnr Masters	kids?	Main Pool	Katca
7:30-8:30	Pilates	All	M&B Studio	Toni
8:00-9:00	Aero Circuit	All	Studio 1	Bertrand

Thursday

Time	Class	Level	Studio	Instructor
9:30-10:30	Stretch n Tone	All	Studio 1	Linda
10:00-11:15	Yoga	All	M&B Studio	Jean
10:30-11:30	LBT	All	Studio 1	Linda
11:45-12:30	Total Aqua	All	Small Pool	Toni
4:30-5:30	Kids Zone	5-12yr	Studio 2	Gym
6:00-7:00	Yoga	All	M&B Studio	Kate
6:00-7:00	Aero Circuit	All	Studio 1	Lesley
6:30-7:30	Spin Extreme	Adv	Spin Studio	Louisa
7:15-8:00	Zumba	Int/Adv	Studio 2	Jo

Friday

Time	Class	Level	Studio	Instructor
9:30-10:15	Spin Climb	All	Spin Studio	Linda
9:30-10:15	Aerobice	All	Studio 1	Jo
9:30-10:30	Pilates	All	M&B Studio	Ann
10:30-11:15	Total Tone	All	Studio 1	Jo
10:30-11:15	Total Aqua	All	Small Pool	Toni
12:30-1:00	Begin To Spin	All	Spin Studio	Linda
4:30-5:30	Kids Zone	5-12yr	Studio 2	Gym
6:00-7:00	Total Circuit	All	Studio 1	Gym
6:00-7:00	Hasha Karate	All	Studio 2	George
6:00-7:00	Tai - Chi	All+Kids	M&B Studio	Tat Ng
6:30-7:30	Spin Climb	Int/Adv	Spin Studio	Ann

Saturday

Time	Class	Level	Studio	Instructor
9:30-10:00	Spin Express	All	Spin Studio	Ann
10:00-11:00	Total Step	Int/Adv	Studio 1	Bertrand
10:00-11:00	LBT	All	Studio 2	Toni
11:00-12:00	Total Circuit	All	Studio 1	Bertrand
11:00-12:00	Kids Zone	5-12yr	Studio 2	Gym
2:00-3:00	STUDIO PARTY	Private	Studio 2	Gym
4:00-5:00	POOL PARTY	Private	Small Pool	Gym

Sunday

Time	Class	Level	Studio	Instructor
10:00-10:45	Zumba	Beginners	Studio 1	Jo
10:45-11:30	Total Tone	All	Studio 1	Jo
11:00-12:00	Spin Extreme	All	Spin Studio	Dave
11:00-12:00	Kids Zone	5-12yr	Studio 2	Gym
2:30-3:30	Pirate Ship	5-12yr	Small Pool	Gym
12:30-2:30	POOL PARTY	Private	Small Pool	Gym
2:30-3:30	Cheerleading	All	Studio 2	Phoenix
4:00-5:00	STUDIO PARTY	Private	Studio 2	Gym
5:00-6:00	Total Circuit	All	Studio 2	Gym

*Bookings 1 hr before the class commences -
AQUA, YOGA, PILATES, TAI CHI

*£ - These classes are payable

*For Pool or Studio parties please see reception for details