

MIND AND BODY TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM								YOGA
10:30 AM		PILATES			PILATES			
11:00 AM							PILATES	
7:45 PM		PILATES	YOGA	PILATES	YOGA			












GROUP FITNESS STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		HIIT		HIIT		LES MILLS BODYPUMP		
9:00 AM							LES MILLS BODYSTEP	POWER
9:15 AM			LES MILLS BODYPUMP	LES MILLS BODYPUMP		LES MILLS BODYSTEP		
9:30 AM		HIIT			XTRAFIT 45 MIN CLASS			
10:00 AM							ZUMBA fitness	
10:30 AM			THT	ZUMBA fitness		ZUMBA fitness		
5:30 PM				LES MILLS BODYPUMP 30 MIN CLASS	POWER	FIGHTING FIT		
6:00 PM				THT 30 MIN CLASS				
6:30 PM			LES MILLS BODYSTEP					
6:45 PM		POWER		HIIT	ZUMBA fitness			

SPIN STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			SPIN		SPIN			
8:30 AM							SPIN	
9:30 AM						SPIN		
6:00 PM		SPIN	SPIN					

FITNESS CLASSES

CLASS	LENGTH	DESCRIPTION
 LES MILLS BODYPUMP	60 mins	BODYPUMP® is the original barbell class that strengthens your entire body. This awesome workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!
 LES MILLS BODYSTEP	60 mins	BODYSTEP® is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear. Your legs will love it...
 HIIT	45 mins	This circuit based HIIT class caters to all fitness levels, utilising a combination of cardio & strength moves to reach maximum fat burning capacity.
 YOGA	60 mins	Our Yoga classes are great for a midweek stretch or end of week wind-down! Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony.
 PILATES	60 mins	Pilates is a 60 minute class which focuses on the body's core. This class will help to improve abdominal and back strength as well as stamina. It promotes the relaxation of the muscles to help improve and maintain flexibility and posture. It is suitable for all levels.
 XTRAFIT	45 mins	Xtrafit is an awesome class designed to help strengthen the body and improve cardiovascular fitness for everyday life. It's a high intensity class using free weights and body weight and can be done by participants who are at a beginner level of fitness through to advance levels of fitness. It's great for weight loss and toning & firming the entire body.
 ZUMBA fitness	60 mins	The Zumba® program fuses hypnotic Latin dance rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. JOIN THE PARTY!!!
 POWER	60 mins	POWER is a strength based class that will tone and strengthen your entire body, to get you the results you want - and fast!
 THT	60 mins	A class specifically designed to target those areas that may need a bit more work, Tummy, Hips & Thighs.
 FIGHTING FIT	45 mins	Fighting Fit is a boxing pad-work session. Boosting cardio fitness & strength in a fun innovative class. Basic boxing moves suitable for beginners up... You work at your own level but with coaches motivating you all the way.
 SPIN	45 mins	Our inspirational instructors and the pumping sound track will motivate and take you to your limits. We'll take you through climbs, sprints, and high intensity intervals to give you the best cardio workout possible while strengthening and toning your muscles. Ride the calorie burner for fitness and fun.