

STUDIO CLASS TIMETABLE

This timetable is valid to 5 February 2012 and is subject to change

Classes are on a 'first come, first served' basis. Please pick up a token at reception

Monday

Body Con	*	7.00-8.00am	Jay
Hi Lo (1)	***	9.00-10.30am	Steve
Aqua Aerobics	*	9.30-10.30am	Eline
Pilates	*	10.30-11.30am	Eline
Body Attack	**	11.30-12.30pm	Svava
Body Con	**	12.30-1.30pm	Louise
Pilates	*	1.30-2.30pm	Gianni
Hatha Yoga	**	5.30-6.30pm	Celest
Running Club	**	6.00-7.00pm	Gym Team
Kickboxing	**	7.00-8.00pm	Jozsef

Tuesday

Hatha Yoga	*	7.00-8.00am	Dorita
Cardio Cycle	**	7.00-8.00am	Eva
Ab's Blast	*	9.00-9.30am	Trainer
Hi Lo (1)	***	9.30-10.30am	Steve
Body Con	**	10.30-11.30am	Louise
Pilates	*	11.30-12.30pm	Jocelynne
Hatha Yoga	*	1.30-3.00pm	Arup
Zumba	**	3.00-4.00pm	Hayley
Cardio Cycle	**	6.30-7.30pm	Ivo
Pilates	*	7.00-8.00pm	Gianni

Wednesday

Yoga Intermediate	**	7.00-8.00am	Celest
Yoga Advanced	***	8.00-9.30am	Celest
Body Con	**	9.30-10.30am	Louise
Tone & Stretch	**	10.30-11.30am	Svava
Aqualates	*	10.30-11.30am	Eline
Pilates	*	11.30-12.30pm	Eline
Circuit	***	12.30-1.30pm	Steve
Hatha Yoga	**	1.30-3.00pm	Arup
Zumba	**	4.00-5.00pm	Hayley
Kickboxing	**	7.00-8.00pm	Jozsef

Thursday

LBT	**	7.00-8.00am	Eva
Aqua Aerobics	*	9.30-10.30am	Katie
Ab's Blast	*	9.00-9.30am	Trainer
Hi Lo (1)	***	9.30-10.30am	Steve
Pilates	**	10.30-11.30am	Laura
Core Con	**	11.30-12.30pm	Svava
Cardio Box	**	12.30-1.30pm	Svava
Yoga Flow	**	1.30-3.00pm	Celest
Dynamic Yoga	**	6.00-7.00pm	Aisha
Cardio Cycle	**	6.30-7.30pm	Chris
Dynamic Yoga	**	7.00-8.00pm	Valentina
Pilates	**	8.00-9.00pm	Gianni

Friday

Circuit	***	8.00-9.00am	Steve
Cardio Cycle	**	9.30-10.30am	Eva
Body Con	**	9.30-10.30am	Louise
Aqua Aerobics	*	10.30-11.30am	Eva
LBT	**	10.30-11.30am	Louise
Pilates	*	11.30-12.30pm	Sheila
On the Ball	**	12.30-1.30pm	Svava
Zumba	*	1.30-2.30pm	Hayley

Saturday

Pilates	*	7.30-8.30am	Poi
Yoga Advanced	**	8.30-10.00am	Catherine
Aqua Aerobics	*	9.30-10.30am	Katie
Cardio Cycle	**	9.30-10.30am	Chris
Tabata	**	11.00-12.00pm	Svava
Low & Tone	*	12.30-1.30pm	Eva
Hatha Yoga	*	3.00-4.30pm	Karl

Sunday

Dynamic Yoga	*	9.30-11.00am	Karen
Pilates	*	11.00-12.00pm	Poi
Step	***	12.00-1.00pm	Kim

* **General:** Classes in this level are suitable for all abilities, age, experience and fitness

** **Intermediate:** Classes for those used to exercising at a moderate level of fitness

*** **Advanced:** Classes for participants with high levels of fitness;

used to exercising in such classes