

Monday	Adult Only Swim	06.30-10.00	Swimming Pool
	Killer Kettlebells	06.45-07.30	Functional Hall
	Bootcamp	09.15-10.15	Functional Hall
	Dynamic Yoga	10.00-11.00	Dance Studio
	Yoga Flow	11.00-12.00	Dance Studio
	50+ Circuit	12.15-13.00	Functional Hall
	Aquafit	13.15-14.00	Swimming Pool
	Junior Gym	16.00-17.30	Gym
	Virtual Spin*	14.00-17.30	30 min classes in Spin Studio
	Spin	18.00-18.45	Spin Studio
	Aero-Tone	18.45-19.30	Dance Studio
	Bootcamp	19.00-20.00	Functional Hall
	Pilates	19.30-20.15	Dance Studio
	Adult Only Swim	20.00-21.30	Swimming Pool
	Tuesday	Adult Only Swim	06.30-10.00
HIIT Spin		06.45-07.15	Spin Studio
Weight Watchers		08.45-09.45	Dance Studio
Toning Circuit		09.15-10.00	Toning Studio
Abs Blast		10.00-10.45	Dance Studio
Virtual Spin*		11.00-17.30	30 min classes in Spin Studio
Swimming Lessons		16.00-19.30	Swimming Pool
Junior Gym		16.00-17.30	Gym
Circuit Training		18.00-19:00	Functional Hall
Yoga		19.00-20.00	Dance Studio
Running Club		19.15-20.15	Functional Hall/Outside
Adult Only Swim		20.00-21.30	Swimming Pool
Wednesday		Adult Only Swim	06.30-10.00
	Circuit Training	06.45-07.30	Function Hall
	20/20/20	09.15-10.15	Functional Hall
	Legs, Bums & Tums / Ladies Weights	10.30-11.30	Functional Hall
	Virtual Spin*	12.00-17.30	30 min classes in Spin Studio
	Waterbabies	12.30-14.00	Swimming Pool
	Junior Gym	16.00-17.30	Gym
	Kidsfit	17.00-18.00	Dance Studio
	Spin - Iqniter Belt Only**	18.00-18.45	Spin Studio
	Zumba	18.15-19.00	Dance Studio
	Fit Curves	19:30-20:30	Dance Studio
	Boxersize	19.00-20.00	Functional Hall
	Fit Mumma	19:30-20:30	Dance Studio
	Adult Only Swim	20.00-21.30	Swimming Pool
	Thursday	Adult Only Swim	06.30-10.00
High Intensity Cardio		06.45-07.30	Functional Room/Spin
Circuit Training		09.15-10.15	Functional Hall
Yoga		10.00-11.00	Dance Studio
Aquafit		10.45-11.30	Swimming Pool
Virtual Spin*		12.00-17.30	30 min classes in Spin Studio
Swimming Lessons		16.00-19.30	Swimming Pool
Junior Gym		16.00-17.30	Gym
HIIT Spin		18.00-18.30	Spin Studio
Tabata Pump		18.45-19.30	Functional Hall
Freestyle Kickboxing		19:30-20:30	Functional Hall
Adult Only Swim		20.00-21.30	Swimming Pool
Friday	Adult Only Swim	06.30-10.00	Swimming Pool
	Boxing Bootcamp	06.45-07.30	Functional Hall
	Curves	09.00-10.00	Dance Studio
	Bootcamp	09.15-10.15	Functional Hall
	Fit Mumma	10.00-11:30	Dance Studio
	Legs, Bums & Tums / Ladies Weights	10.30-11.30	Functional Hall
	Virtual Spin*	12.00-17.30	30 min classes in Spin Studio
	Waterbabies	12.30-14.00	Swimming Pool

Friday (contd)	Junior Gym	16.00-17.30	Gym
	Spin	18.00-18.30	Spin Studio
	Boxfit	18.45-19.30	Functional Hall
	Circuit Training	19.45-20.15	Functional Hall
	Adult Only Swim	20.00-12.30	Swimming Pool
Saturday	Toning Circuit	08.30-09.15	Toning Studio
	Ballet Toes	09:00-12:00	Dance Studio
	Championship Round Circuits	10.15-11.15	Functional Hall
	HIIT Spin	11.15-11.45	Spin Studio
	Junior Gym	12.00-14.00	Gym
	Beginners Circuits	15.00-15.30	Toning Studio
	Beginners Spin	15.30-16.00	Spin Studio
	Virtual Spin*	16.00-19.30	30 min classes in Spin Studio
	Cardio Explosion	18.00-18.45	Functional Hall
Sunday	Toning Circuit	08.30-09.15	Toning Studio
	Running Club	08.30-09.30	Outside
	Bootcamp	09.45-10.45	Functional Hall
	Swimming Lessons	10.30-11.30	Swimming Pool
	Spin - Iqniter Belt Only**	10.45-11.30	Spin Studio
	Junior Gym	12.00-14.00	Gym
	Virtual Spin*	12.00-17.30	30 min classes in Spin Studio
	Changing Rooms & Pool Closed	18.00-Close	Deep Clean