

STUDIO TIMETABLE AUGUST 2024

Monday				Tuesday				Wednesday			
CLASS	TIME	INSTRUCTOR	STUDIO	CLASS	TIME	INSTRUCTOR	STUDIO	CLASS	TIME	INSTRUCTOR	STUDIO
Pump Fit	06:30 - 07:15	Lizzie	Studio 1	Strength and Conditioning	06:15 - 07:00	Gym Team	Performance Centre	ENDURE	06:05 - 07:00	Ben L	Performance Centre
Indoor Cycling ((BOUNCE))	09:30 - 10:15	Becky	Cycling Studio	Indoor Cycling	09:30 - 10:15	Becky	Cycling Studio	Groove Resistance	09:30 - 10:15	Daniel	Studio 1
Groove Aerobics	09:30 - 10:15	Freddie	Studio 1	Pilates	09:30 - 10:25	Martina	Studio 2	Vinyasa	09:30 - 10:25	Vicky	Studio 2
Tight Assets	10:30 - 11:15	Daniel	Studio 2	Full Range Resistance	09:30 - 10:25	Steven	Studio 1	Groove Aerobics	10:30 - 11:15	Daniel	Studio 1
Core Focus	10:30 - 11:15	Becky	Studio 1	Zumba	10:30 - 11:25	Becky	Studio 2	Stretch and Flex	10:30 - 11:15	Martina	Studio 2
Rig Circuits	10:30 - 11:15	Lizzie	Studio 2	Legs, Bums & Tums	10:35 - 11:20	Steven	Studio 1	Pilates	11:30 - 12:25	Reas	Studio 1
Easy Does It	11:30 - 12:15	Gym Team	Gym Floor	Mindful Movement & Meditation	11:30 - 12:25	Becky	Studio 1	Balance & Breathe Yoga Meditation	11:30 - 12:25	Kate	Studio 2
Beginner Hatha Yoga	11:30 - 12:25	Becky	Studio 1	Ashtanga Yoga	11:30 - 12:25	Reas	Studio 2	H.I.I.T	18:00 - 18:45	Andrew	Studio 1
Aqua Aerobics	12:30 - 13:15	Reas	Studio 2	Bag Bass Box	12:30 - 13:15	Emma	Studio 1	Pilates	18:00 - 18:55	Amy	Studio 2
Bag Bass Box	18:00 - 18:45	Maxine	Swimming pool	Hatha Yoga	18:00 - 18:55	Kate	Studio 2	Aqua Aerobics ((BOUNCE))	18:00 - 18:45	Freddie	Swimming pool
Indoor Cycling	18:00 - 18:45	Marlon	Studio 1	Indoor Cycling	18:00 - 18:45	Lizzie	Cycling Studio		19:00 - 19:45	Freddie	Studio 1
Pilates	18:00 - 18:45	Alex	Cycling Studio	Legs, Bums & Tums	18:00 - 18:45	Jess	Studio 1				
DanceFit	18:00 - 19:55	Tash	Studio 2	Vinyasa Yoga	19:00 - 19:55	Kate	Studio 2				
Vinyasa Yoga	19:00 - 19:45	Candy	Studio 1	Pump Fit	19:00 - 19:45	Lizzie	Studio 1				
		Tash	Studio 2	Pilates	20:00 - 20:55	Lizzie	Studio 2				

Thursday				Friday				Saturday			
CLASS	TIME	INSTRUCTOR	STUDIO	CLASS	TIME	INSTRUCTOR	STUDIO	CLASS	TIME	INSTRUCTOR	STUDIO
20 /20 Aerobics Conditioning ((BOUNCE))	09:30 - 10:25	Steven	Studio 2	Metcon	06:15 - 07:00	Gym Team	Performance Centre	Indoor Cycling	08:30 - 09:15	Becky	Cycling Studio
Indoor Cycling	09:30 - 10:15	Martina	Studio 1	Body Blitz	09:30 - 10:15	Martina	Studio 1	Core Focus	08:50 - 09:20	Freddie	Studio 1
Tight Assets	10:30 - 11:15	Becky	Cycling Studio	Indoor Cycling	09:30 - 10:15	Becky	Cycling Studio	Kettlebells ((BOUNCE))	09:30 - 10:15	Becky	Health Club
Kettlebells	10:30 - 11:10	Becky	Studio 1	Advanced Pilates	09:30 - 10:25	Reas	Studio 2	Cardio Combat	09:30 - 10:15	Freddie	Studio 1
Pilates	10:35 - 11:25	Gym Team	Gym Floor	Zumba	10:30 - 11:25	Becky	Studio 1	Tight Assets	10:30 - 11:15	Candy	Studio 2
Easy Does It	11:30 - 12:15	Amy	Studio 2	Stretch and Flex	10:30 - 11:15	Martina	Studio 2	Vinyasa Yoga	10:30 - 11:25	Becky	Studio 1
Stretch and Flex	11:30 - 12:15	Becky	Studio 1	Vinyasa Flow	11:30 - 12:25	Luka	Studio 1	Pilates	11:30 - 12:25	Anna	Studio 2
Yoga Development	12:30 - 13:15	Martina	Studio 2	Wall Pilates & Meditation	12:30 - 13:15	Becky	Studio 1				
Tight Assets	18:00 - 18:45	Reas	Studio 2	Aqua Aerobics	12:30 - 13:15	Steven	Swimming Pool	Sunday			
ENGINE	18:00 - 19:00	Becky	Studio 1	ENERGIZE	17:45 - 18:45	Carlos	Studio 1	CLASS	TIME	INSTRUCTOR	STUDIO
Dynamic Vinyasa Yoga	18:00 - 18:55	Callum	Performance Centre	Yoga	18:00 - 18:55	Paul	Studio 2	ENERGIZE	10:00 - 10:55	Carlos	Studio 1
Zumba	19:00 - 19:55	Vicky	Studio 2					Yoga	11:00 - 11:55	Paul	Studio 2
Dynamic Vinyasa Yoga	19:00 - 19:55	Becky	Studio 1					Zumba	18:00 - 18:55	Becky	Studio 1
		Vicky	Studio 2					Mindful Movement & Meditation	19:00 - 19:55	Becky	Studio 2

* Must be Performance Centre Member

Virtual classes are available on demand when no classes are scheduled in Studio 1 or the Cycling studio

