

HOURS OPEN

Monday	6.00am-8.30pm
Tuesday	6.00am-8.30pm
Wednesday	6.00am-8.30pm
Thursday	6.00am-8.30pm
Friday	6.00am-7.00pm
Saturday	7.00am-1.00pm
Sunday	8.45am-12pm

Class Descriptions

AA = AERATTACK

Defence style exercise class.

BAR = THE BAR

Body conditioning class using barbells.

BC = BOOTCAMP

Classic military styled allround fitness class incorporating indoor & outdoor activities.

BR = BRIC

Bike, Run, Interval, Class.

NEW CB = CARDIO BOX

Have fun, get strong, tone up and get fighting fit in our fabulous boxing class.

C = CIRCUIT

Combination of resistance and aerobic exercise designed to increase muscle tone, improve fitness and burn body fat.

FB = FIT BALL

Develop balance, stability and core abdominal strength with pilates based exercises on the fitball.

SPIN

A motivating group indoor cycling session designed to burn fat, improve aerobic fitness and tone legs.

S = STEP

An aerobic class using individual steps, which can be adjusted to suit your fitness level.

NEW SC = SUPER CIRCUIT

Add the use of the Aerobics Studio to all the benefits of our Circuit and get fit fast.

XT = CROSS TRAINING

A combination of aerobics formats together on the one class.

Y = YOLATES

A combination of Yoga and Pilates - improves balance, core strength and flexibility.

RUN

Group running sessions aimed to enhance technique, fitness and performance through tempo runs, hills, intervals, and drills. (Tues & Thurs 5.30pm from AA)

NEW CIRCUIT BOX

Unique fun and challenging combination of circuit and boxing.

Aerobics Studio												
	6.15	8.30	9.15	10.15	10.30	11.30	12.10	1.10	4.30	5.30	6.30	7.30
Monday				Y				CB	CIRCUIT BOX	AA	BAR	
Tuesday	BC		BAR				BAR		XT	SC	Y	
Wednesday			CIRCUIT BOX	FB				S	SC	BAR	CB	
Thursday	BC			BAR			CB		BAR	XT	Y	
Friday			SC	Y				Y		CB		
Saturday	BC 7.15	XT	BAR 9.30		AA	Y						
Sunday				XT 10.00								

Circuit Studio												
	6.30	9.15	9.30				12.10	1.10		4.30	5.30	5.30
Monday	C						C			CIRCUIT BOX	C	
Tuesday								C			SC	RUN
Wednesday	C	CIRCUIT BOX					C			SC	C	
Thursday								C			C	RUN
Friday	C	SC					C					
Saturday			C									
Sunday		C 9.00										

Spin Studio												
	6.30	9.15	10.15	11.00			12.10	1.10		4.30	5.30	6.30
Monday		SPIN						SPIN			SPIN	SPIN
Tuesday	SPIN		SPIN				SPIN			SPIN	SPIN	
Wednesday								SPIN			SPIN	SPIN
Thursday	SPIN	SPIN					SPIN			SPIN	SPIN	
Friday							BR			SPIN		
Saturday		SPIN 8.30										
Sunday			SPIN 10.00									

Timetable effective 06 April 2010