

CLASS TIMETABLE



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------|---------------------------|------------------------|-----------------------|------------------------|-------------------------------------|-----------------------|----------------------------|
| 07:15 | Core control (30 mins) | Pure stretch (45 mins) | Kettlebells (45 mins) | HIIT (30 mins) | Bootcamp (45 mins) | | |
| 10:00 | Pilates beginner (1 hour) | | Yoga (1 hour 15 mins) | Aqua fit (45 mins) | | Pure stretch (1 hour) | Body conditioning (1 hour) |
| 11:00 | Pilates (1 hour) | Aqua fit (45 mins) | | Cardio tone (1 hour) | Yoga (1 hour) Aqua fit (45 mins) | | |
| 11:30 | | | Gentle yoga (1 hour) | | | | |
| 12:00 | Pilates (1 hour) | Pure Stretch (1 hour) | | Fitness flow (1 hour) | Yoga (1 hour) | | |
| 15:00 | | Fitsteps (1 hour) | | | | | |
| 16:00 | | Zumba (1 hour) | | Pure stretch (1 hour) | | | |
| 18:00 | Fitness flow (45 mins) | Pilates (1 hour) | Kettlebells (1 hour) | | Body conditioning (1 hour) | | |
| 18:30 | | | | Core control (30 mins) | | | |

FITNESS CENTRE CLASSES

AQUA FIT

A cardiovascular and conditioning workout. Low impact, with little choreography, designed to increase the heart rate.

BOOTCAMP

This team activity can be enjoyed inside or out and combines studio equipment with body weight exercises to improve overall fitness.

BODY CONDITIONING

Weight training has been shown to help reduce unwanted body fat, build muscle and improve heart and lung function. This class uses a variety of equipment to help condition and tone.

CARDIO TONE

Perform resistance exercises with barbells to music. This strength-based class is a great work-out that quickly tones the body.

CORE CONTROL

Using a variety of moves and equipment, this class challenges the whole body to improve core control and strength.

FITNESS FLOW

Simple yoga moves that embrace elements of Tai Chi and Pilates, performed with music.

FITSTEPS®

FitSteps® is an energetic, upbeat dance workout that mixes the graceful steps of Ballroom and the up-tempo steps of Latin dances. This fun-filled class will get your heart pumping to improve fitness and tone.

HIIT

High Intensity Interval Training that alternates between intense bursts of activity and less-intense activity to improve endurance and burn fat.

KETTLEBELLS

Kettlebells originated in Russia as counter weights, and they're now used to elevate the heart rate with a fantastic strengthening and conditioning workout.

PILATES

Exercise that focuses on balance, breathing, posture, strength and flexibility.

PURE STRETCH

Keep the body flexible and strong to promote the repair of stiff, tight or sore muscles.

YOGA

Classes suitable for people wanting to take a calm approach to restore flexibility, strength and stamina by engaging the mind and body. Gentle Yoga is a less physically taxing class, that utilises chairs.

ZUMBA

Dance and aerobic movements performed to energetic music to tone and sculpt the body.