

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Studio 1
09:30 - 10:30 **BODYPUMP™**
10:45 - 11:45 **BODYATTACK™**
11:45 - 12:30 **Step & Tone**
17:00 - 18:00 **Circuits**
18:00 - 19:00 **Circuits**

Studio 2
08:30 - 09:30 **Pilates**
09:30 - 10:30 **Pilates Intermediates**
10:30 - 11:30 **Pilates Beginners**
11:45 - 12:45 **Yoga Beginners**
13:00 - 14:00 **Yin/Yang Yoga**
18:30 - 20:00 **Hatha Yoga**

Cycling Studio
08:45 - 09:25 **Group Cycle**
10:45 - 11:30 **Group Cycle**
11:45 - 12:30 **B:Matched**
18:00 - 18:45 **Group Cycle**

Pool
09:45 - 10:30 **Aqua**
10:45 - 11:30 **Aqua**

Gym Floor
07:00 - 07:30 **B:Strong**
10:00 - 10:30 **B:Core-fit**

Tennis
10:00 - 12:00 **Social play**
12:00 - 13:00 **Beginners**
19:30 - 20:30 **Skills and drills**

Studio 1
09:00 - 09:30 **Metafit**
09:30 - 10:00 **Ab Attack**
10:00 - 11:00 **Legs Bums & Tums**
11:15 - 12:00 **Zumba**
12:00 - 12:45 **Zumba**
18:00 - 19:00 **BODYATTACK™**
19:00 - 20:00 **BODYPUMP™**

Studio 2
10:00 - 11:30 **Vinyasa Yoga**
13:00 - 14:00 **Yoga**
18:00 - 19:00 **Pilates Beg/Inter**
19:00 - 20:00 **Pilates Advanced**

Cycling Studio
18:30 - 19:00 **Group Cycle**
19:15 - 20:00 **B:Matched**

Pool
10:00 - 11:00 **Aqua**

Gym Floor
07:00 - 07:30 **B:Core-fit**
10:00 - 10:30 **B:Conditioned**

Tennis
10:00 - 11:00 **Beginners**
11:00 - 12:00 **Intermediates**
13:00 - 15:00 **Intermediate Social Tennis**

Studio 1
10:45 - 11:45 **BODYPUMP™**
17:00 - 18:00 **Circuits**
18:00 - 19:00 **Circuits**
19:00 - 20:00 **BODYCOMBAT™**

Studio 2
08:30 - 09:30 **Pilates**
09:30 - 10:30 **Pilates Intermediates**
10:30 - 11:30 **Intro to Pilates**
12:00 - 13:00 **Yoga**
14:30 - 16:00 **Power Yoga**
18:00 - 19:00 **BODYBALANCE™**

Cycling Studio
18:00 - 19:00 **Group Cycle**
19:00 - 20:00 **Group Cycle**

Pool
09:30 - 10:30 **Aqua**

Gym Floor
07:00 - 07:30 **B:Strong**
10:00 - 10:30 **B:Core-fit**

Tennis
10:00 - 12:00 **Social play**
13:00 - 15:00 **Intermediates Social tennis**

Studio 1
08:30 - 09:15 **Legs Bums & Tums**
09:30 - 10:30 **Circuits**
10:45 - 11:30 **Zumba**
11:30 - 12:15 **Zumba**
18:00 - 19:00 **BODYATTACK™**
19:00 - 20:00 **BODYPUMP™**

Studio 2
07:30 - 08:30 **Pilates**
08:30 - 09:30 **Pilates**
09:30 - 10:30 **Pilates Intermediates**
10:45 - 11:30 **Ab Attack**
11:45 - 12:45 **BODYBALANCE™**
12:45 - 13:45 **Pilates**
14:00 - 15:00 **Yoga Beginners**
18:30 - 19:30 **Pilates**
19:35 - 21:05 **Vinyasa Yoga**

Cycling Studio
06:30 - 07:15 **Group Cycle**
10:45 - 11:45 **Group Cycle**

Pool
10:45 - 11:30 **Aqua**

Gym Floor
07:00 - 07:30 **B:Conditioned**
10:00 - 10:30 **B:Core-fit**
17:30 - 18:15 **OUTRACE Circuits**

Tennis
10:00 - 11:00 **Skills and drills**
12:30 - 13:30 **Beginners Social Tennis**

Studio 1
09:30 - 10:30 **BODYPUMP™**
11:00 - 12:00 **BODYBALANCE™**
12:00 - 13:00 **Hatha Yoga™**
13:30 - 14:30 **Pilates Intermediates**
14:30 - 15:30 **Pilates**

Studio 2
08:30 - 09:30 **Pilates**
09:30 - 10:30 **Pilates Intermediates**
10:45 - 12:15 **Krama Yoga**
12:15 - 13:45 **Beginners Ash-tanga Yoga**

Cycling Studio
08:45 - 09:25 **Group Cycle**
10:45 - 11:30 **Group Cycle**
11:30 - 12:00 **Group Cycle**
17:15 - 18:00 **Group Cycle**
18:00 - 18:30 **Group Cycle**

Pool
10:00 - 10:45 **Aqua**

Gym Floor
07:00 - 07:30 **B:Core-fit**
10:00 - 10:30 **B:Strong**

Tennis
11:00 - 12:00 **Beginners social play**

Studio 1
08:00 - 09:00 **Boot Camp**
09:30 - 10:30 **BODYCOMBAT™**
11:00 - 12:00 **BODYPUMP™**

Studio 2
08:30 - 09:15 **Power Pilates**
09:30 - 10:30 **BODYBALANCE™**
16:00 - 17:30 **Hatha Yoga**

Cycling Studio
10:00 - 10:45 **Group Cycle**

Gym Floor
08:30 - 09:00 **B:Strong**
10:30 - 11:00 **B:Core-fit**

Studio 1
10:00 - 11:00 **BODYATTACK™**
11:00 - 12:00 **BODYPUMP™**

Studio 2
09:00 - 10:30 **Dynamic Hatha Yoga**
10:30 - 12:00 **Dynamic Hatha Yoga**

Cycling Studio
09:00 - 09:45 **Group Cycle**
11:00 - 12:00 **Group Cycle**

