

MONDAY		Book from Thursday
Time	Class	Instructor
09.00-09.45	Aqua Aerobics	Gina
09.30-10.15	Kettlebell Fitness	Cheryl
09.45-10.30	Aqua Aerobics	Gina
10.30-11.15	Low Fu Fitness	Karen
17.15-18.00	Dance to be Fit	Michelle
18.15-19.00	Dance to be Fit	Michelle
19.15-20.00	Totally Shredded	Lauren
20.15-21.00	Pilates	Susanne

TUESDAY		Book from Friday
Time	Class	Instructor
06.45-07.30	Spin	Cheryl
09.30-10.15	Zumba	Michelle
10.30-11.25	Tai Chi	Noel
18.15-19.00	Aerolatino	Jeff
19.15-20.00	Spin	Cheryl
19.15-20.00	Body Pump	Simon
20.15-21.15	Yoga	Georgie

WEDNESDAY		Book from Saturday
Time	Class	Instructor
08.30-09.15	Pilates	Pat
09.00-09.45	Aqua Aerobics	Michelle
09.30-10.15	Yoga	Judi
09.45-10.30	Aqua Aerobics	Michelle
10.30-11.15	Aerolatino	Jeff
11.30-12.15	Pilates	Theresa
18.15-19.00	Body Conditioning	Gina
19.15-20.00	Low Fu Fitness	Karen
20.15-21.00	Pilates	Alla

THURSDAY		Book from Sunday
Time	Class	Instructor
06.45-07.30	Kettlebell/HIIT	Cheryl
06.45-07.30	Spin	Kavita
09.30-10.15	Body Pump	Caroline
10.30-11.15	Fitness Pilates	Alla
18.15-19.00	Body Blaze Fitness	Cheryl
19.15-20.00	Boxercise	Vitas
19.15-20.00	Spin	Cheryl
19.30-20.15	Aqua Aerobics	Susanne

FRIDAY		Book from Monday
Time	Class	Instructor
06.45-07.30	Kettlebell Fitness	Cheryl
08.15-09.00	Aqua Aerobics	Cheryl
09.00-09.45	Aqua Aerobics	Cheryl
09.30-10.15	Pilates	Stephanie
09.45-10.30	Aqua Aerobics	Cheryl
10.30-11.15	Floor Barre	Stephanie
11.30-12.30	Tai Chi	Kai

SATURDAY		Book from Tuesday
Time	Class	Instructor
08.15-09.00	Aqua Aerobics	Amanda
09.00-09.45	Aqua Aerobics	Amanda
09.15-10.15	Body Pump	Lisette
09.30-10.15	Spin	Cheryl
10.30-11.15	HIIT/Kettlebell Fit	Cheryl

SUNDAY		Book from Wednesday
Time	Class	Instructor
08.15-09.00	Aqua Aerobics	Mariya
08.30-09.15	Pilates	Stephanie
09.00-09.45	Aqua Aerobics	Mariya
09.30-10.30	Yoga	Georgie
10.40-11.40	Yoga	Georgie

Yellow = subject to demand

Blue = new classes

CLASS BOOKINGS & RULES

Maximum 14-16 people in studio classes

Maximum 15 people in spin classes

Maximum of 21 people in aqua aerobics (maximum of 12 people in the changing room)

We ask that you book at maximum of 3 aqua classes in any one week, unless there is space on the day. If you are on the 2nd aqua class, you must be poolside before the first class finishes, 9.45am weekdays & 9am weekends.

Any equipment/mats that are used are to be cleaned before & after use by the member. Members are encouraged to bring their own equipment, such as mats.

As a courtesy to other members, we would ask that you please do not book more than 1 class in any one day. If there is space on the day you are more than welcome to attend additional classes.

Founder members can only use their booking privileges 3 times a week.

Bookings can only be made 5 days in advance. You will not be able to join the class if you are late.

To book classes please call: after 8am for morning classes

After 1pm for evening classes

After 8.30am for aqua classes

We will try to accommodate where possible to get you in to a class later in the week if your chosen class is full. If weather permits some classes may be held outside to allow more participants.

Unable to attend a booked class: please cancel 24 hours before the class is due to start. We are then able to offer the place to another member.

If you do not show up to a class or cancel with less than 2 hours advance notice a “no show” or “late cancellation” strike will apply.

3 late classes, cancellations or no-show strikes in any 30 day period will result in the loss of advanced booking rights for 7 days.

Our timetable is subject to change at any time due to the current situation. Any class with less than 40% attendance will also be at risk of being removed or replaced with an alternative class.

Pilates: if you are new to Pilates classes, we require you to attend a session with our Pilates practitioner before taking part in our timetabled classes. Further details can be obtained from reception. Please note: this is at an extra cost of 45.00 to be paid to the instructor.