



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am							
8.30am	Yoga (Function room) Sarah Vas						
8.45am		Spin (Studio) Sarah			Express spin (Studio) Sarah		
9.00am				Pilates (Function room) Sheila			Spin (Studio) Kieran
9.30am			Aerobics (function room) Tracey		Strength HiiT (studio) Sarah	Spin (Studio) Jason	
9.45am	Spin circuits (Studio) Kieran	Step n Pump (Function room) Sarah					
10.00am							Express Pump (Studio) Kieran
5.30pm	Pilates (Function room) Sheila	Spin (Studio) Jason					
5.45pm				Express Spin (Studio) Kieran/Jason			
6.30pm		Yoga (Function room) Sarah Vas		Spin (Studio) Kieran/Jason			
		Express Spin (Studio) Jason					
6.45pm	Resistance Training (Function room) Linda						
7.00pm			Strength & Conditioning (Function room) Linda				

Classes can be booked by installing the free GymSync app onto your phone. To view full class details please login to your GymSync account where you can keep up to date with any alterations or messages from your instructor as well as booking or cancelling classes.

Classes are bookable 7 days in advance from 6am. In the event a class is fully booked we advise you to add your name to the waiting list and allow notifications. If a space becomes available all members on the waiting list will be notified.