



Day	Class	Time	Location	Instructor
Mon	Box Fit	9.30am - 10.30am	Studio	Kieran
	Express Spin	5.30pm - 5.55pm	Studio	Kieran
	Pilates	5.45pm - 6.45pm	Function Room	Sheila
	Burn Max	6.05pm - 6.30pm	Studio	Kieran
Tue	Step n Pump	9.30am - 10.30am	Studio	Sarah
	Spin	5.30pm - 6.15pm	Studio	Sarah
	Yoga	6.30pm - 7.45pm	Function Room	Lorna
	Spin	7.30pm - 8.15pm	Studio	Sarah
Wed	Aerobics	9.30am - 10.30am	Function Room	Tracey
	Express Pump	6.30pm - 6.55pm	Studio	Kieran
	Body Control Pilates Induction	6.30pm - 7.00pm	Function Room	Christine
	Body Control Pilates	7.00pm - 8.00pm	Function Room	Christine
	Express Spin	7.05pm - 7.30pm	Studio	Kieran
Thur	Pilates	9.30am - 10.30am	Function Room	Sheila
	X-Blitz	6.45pm - 7.15pm	Studio	Sarah
	Spin & Abs	7.30pm - 8.30pm	Studio	Sarah
Fri	Stretch	9.00am - 9.25am	Studio	Gill
	Spin & Abs	9.30am - 10.30am	Studio	Sarah
Sat	Tone It	7.00am - 8.00am	Studio	Tracey
	Spin	9.30am - 10.15am	Studio	Jason
Sun	Spin	9.30am - 10.15am	Studio	Kieran

Full Body Workout	Hollistic	Cardio, Stastic Bikes
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Yoga - A series of physical postures, breathing exercises and relaxation help your body and mind connect.

Spin/ Express Spin- The state of the art Keiser bikes will inform you of the distance completed, calories burned and your speed throughout. With added trixster handle bars you can burn and tone from head to toe.

Spin & Abs – All the benefit of a spin class with 15 minutes of mat work focusing on the abdominal area.

Tone It/ Step N Pump/ Express Pump – A full body workout combining the Reebok step and light weights.

Body Control Pilates Induction - This is for anyone who is new to Pilates to give you the basic moves and techniques.

Pilates - Every move you make stems from your core. This class will strengthen your mid-section and improve your flexibility, coordination and posture.

Burn Max/ X-Blitz / Box fit/ – High intensity full body work outs. Prepare to work!

Stretch It - Gentle stretching and flexibility class.