

STUDIO TIMETABLE JANUARY 2024

Monday

CLASS	TIME	INSTRUCTOR	STUDIO
Pump Fit	06:30 - 07:15	Lizzie	Studio 1
((BOUNCE))	09:30 - 10:15	Freddie	Studio 1
Groove Aerobics	09:30 - 10:15	Daniel	Studio 2
Tight Assets	10:30 - 11:15	Becky	Studio 1
Core Focus	10:30 - 11:15	Lizzie	Studio 2
Easy Does It	11:30 - 12:15	Becky	Studio 1
Beginner Hatha Yoga	11:30 - 12:25	Reas	Studio 2
Aqua Aerobics	12:30 - 13:15	Steven	Swimming pool
ENERGIZE	18:00 - 18:55	Carlos	Studio 1
Indoor Cycling	18:00 - 18:45	Becky	Cycling Studio
Pilates	18:00 - 19:55	Tash	Studio 2
Groove Aerobics	19:00 - 19:45	Candy	Studio 1
Slow Vinyassa Flow	19:00 - 19:45	Tash	Studio 2

Tuesday

CLASS	TIME	INSTRUCTOR	STUDIO
Metcon	06:15 - 07:15	Gym Team	Performance Centre
Indoor Cycling	09:30 - 10:15	Becky	Cycling Studio
Beginners Pilates	09:30 - 10:25	Martina	Studio 2
Full Range Resistance	09:30 - 10:25	Steven	Studio 1
Zumba	10:30 - 11:25	Becky	Studio 2
Legs, Bums & Tums	10:30 - 11:15	Steven	Studio 1
Mindful Movement & Meditation	11:30 - 12:25	Becky	Studio 1
Ashtanga Yoga	11:30 - 12:25	Reas	Studio 2
Vinyasa Flow	18:00 - 18:55	Vicky	Studio 2
Indoor Cycling	18:00 - 18:45	Lizzie	Cycling Studio
Legs, Bums & Tums	18:00 - 18:45	Jess	Studio 1
Boxing	18:00 - 19:00	Harley	Performance Centre
Vinyasa Flow	19:00 - 19:55	Vicky	Studio 2
Pump Fit	19:00 - 19:45	Lizzie	Studio 1
Aqua Aerobics	19:00 - 19:40	Martina/ Steven	Swimming pool
Pilates	20:00 - 20:55	Lizzie	Studio 2

Wednesday

CLASS	TIME	INSTRUCTOR	STUDIO
Cardio Tennis	09:30 - 10:25	Rosie	Tennis Court
Groove Resistance	09:30 - 10:15	Daniel	Studio 1
Vinyassa Flow	09:30 - 10:25	Vicky	Studio 2
Groove Aerobics	10:30 - 11:15	Daniel	Studio 1
Stretch and Flex	10:30 - 11:15	Martina	Studio 2
Pilates	11:30 - 12:25	Reas	Studio 2
H.I.I.T	18:00 - 18:45	Andrew	Studio 1
Pilates	18:00 - 18:55	Amy	Studio 2
Indoor Cycle	18:00 - 18:45	Alex	Cycle Studio
((BOUNCE))	19:00 - 19:45	Freddie	Studio 1
Tai Chi	19:00 - 19:55	Amy	Studio 2

Thursday

CLASS	TIME	INSTRUCTOR	STUDIO
Strength and conditioning	06:15 - 07:15	Gym Team	Performance Centre
20 /20 Aerobics Conditioning	09:30 - 10:25	Steven	Studio 2
((BOUNCE))	09:30 - 10:15	Martina	Studio 1
Tennis Coaching	09:30 - 10:30	Tennis Coach	Tennis Courts
Indoor Cycling	09:30 - 10:15	Becky	Cycling Studio
Tight Assets	10:30 - 11:15	Becky	Studio 1
Pilates	10:30 - 11:25	Amy	Studio 2
Easy Does It	11:30 - 12:25	Becky	Studio 1
Stretch and Flex	11:30 - 12:15	Martina	Studio 2
Tight Assets	18:00 - 18:45	Becky	Studio 1
ENGINE	18:00 - 19:00	Reece	Performance Centre
Dynamic Vinyasa Flow	18:00 - 18:55	Vicky	Studio 2
Zumba	19:00 - 19:55	Becky	Studio 1
Dynamic Vinyasa Flow	19:00 - 19:55	Vicky	Studio 2

Friday

CLASS	TIME	INSTRUCTOR	STUDIO
ENDURE	06:00 - 07:00	Tom	Performance Centre
Body Blitz	09:30 - 10:15	Martina	Studio 1
Indoor Cycling	09:30 - 10:15	Becky	Cycling Studio
Advanced Pilates	09:30 - 10:25	Reas	Studio 2
Zumba	10:30 - 11:15	Becky	Studio 1
Stretch and Flex	10:30 - 11:15	Martina	Studio 2
Strictly Dance Fit	11:30 - 12:15	Eva	Studio 2
Vinyasa Flow	11:30 - 12:25	Vicky	Studio 1
Aqua Aerobics	12:30 - 13:15	Steven	Swimming Pool
Rig Circuits	17:45 - 18:30	Gym Team	Gym Floor
Yoga	18:00 - 18:55	Paul	Studio 2

Saturday

CLASS	TIME	INSTRUCTOR	STUDIO
Indoor Cycling	08:30 - 09:15	Becky	Cycling Studio
Core Focus	08:50 - 09:20	Freddie	Studio 1
Kettlebells	09:30 - 10:10	Becky	Health Club
((BOUNCE))	09:30 - 10:15	Freddie	Studio 1
Groove Aerobics	09:30 - 10:15	Candy	Studio 2
Tight Assets	10:30 - 11:15	Becky	Studio 1
Vinyassa Flow	10:30 - 11:25	Anna	Studio 2
Pilates	11:30 - 12:25	Tash	Studio 2

Sunday

CLASS	TIME	INSTRUCTOR	STUDIO
ENERGIZE	10:05 - 10:55	Carlos	Studio 1
Yoga	11:00 - 11:55	Paul	Studio 2
Zumba	18:00 - 18:45	Becky	Studio 1
Mindful Movement & Meditation	19:00 - 19:55	Becky	Studio 1

* Must be Performance Centre Member

Virtual classes are available on demand when no classes are scheduled in Studio 1 or the Cycling studio