

# CLASS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
<b>MORNING</b>	6:00 - 12:00	6:15 - 7:00	SPIN (JIM)	6:15 - 7:15	CIRCUITS (JIM)	6:15 - 6:45	HIIT (FIONA)	6:15 - 7:15	CIRCUITS (JIM)	6:15 - 7:00	SPIN (SEAN)	8:25 - 8:55	LES MILLS GRIT (TRACEY)	10:00 - 11:00	BODY PUMP (HELEN)
		9:30 - 10:00	HIIT (DAVID)	9:30 - 10:00	QUEENAX (LOGAN)	6:15 - 7:00	SPIN (ROSS)	9:30 - 10:30	BODY ATTACK (KAREN)	6:15 - 7:00	BODY COMBAT (TRACEY)	9:00 - 10:00	BODY COMBAT (TRACEY)	11:00 - 12:00	STRETCH & FLEX (LOGAN)
		10:00 - 11:00	BODY PUMP (JAN)	10:00 - 11:00	YOGA (CAT)	9:30 - 10:00	HIIT @ QUEENAX (MARK)	10:30 - 11:30	YOGA (CAT)	7:00 - 7:30	LEGS, BUMS & TUMS (NIKKI C)	10:00 - 10:45	SPIN (ROSS)		
						10:00 - 11:00	STRETCH & FLEX (LOGAN)			9:30 - 10:00	METAFIT (KAREN)	10:00 - 11:00	BODY PUMP (JAYNE)		
										10:20 - 11:20	CIRCUITS (RHONA)	11:15 - 12:15	THAI BOXING (DENISE)		
<b>DAYTIME</b>	12:00 - 17:00	12:30 - 13:00	CORE BLAST (FITNESS STAFF)	12:30 - 13:00	QUEENAX (FITNESS STAFF)	12:30 - 13:00	SPIN (HEATHER)	12:30 - 13:00	CIRCUITS (FITNESS STAFF)	12:30 - 13:00	QUEENAX (FITNESS STAFF)			12:30 - 13:30	YOGA (AUDREY)
<b>EVENING</b>	17:00 - 21:00	17:30 - 18:15	BODY PUMP (JAYNE)	17:00 - 17:30	BEGINNERS SPIN (DAVID)	17:10 - 18:10	STRETCH & FLEX (LOGAN)	17:30 - 18:15	SPIN (MARK)	17:00 - 18:00	CIRCUITS (HEATHER)				
		18:00 - 19:00	SPIN (STEVEN)	17:25 - 17:55	METAFIT (KAREN)	17:30 - 18:00	QUEENAX (FITNESS STAFF)	17:45 - 18:15	LES MILLS GRIT (TRACEY)	18:15 - 19:00	YOGA (MARGARET-ROSE)				
		18:15 - 19:00	BODY ATTACK (JAYNE)	18:00 - 19:00	BODY PUMP (ASHLEIGH)	18:15 - 19:00	LEGS, BUMS & TUMS (FITNESS TEAM)	18:20 - 19:20	BODY PUMP (ASHLEIGH)						
		19:15 - 20:00	SPIN (SEAN)	19:00 - 19:45	SPIN (NIKKI C)	18:30 - 19:15	SPIN (RHONA)	19:30 - 20:30	THAI BOXING (DENISE)						
		19:30 - 20:00	METAFIT (AUDREY)	19:05 - 20:05	BODY COMBAT (TRACEY)	19:00 - 19:45	BODY ATTACK (JAYNE)	19:30 - 20:00	QUEENAX (FITNESS STAFF)						
		20:00 - 21:00	BALANCE (AUDREY)	20:05 - 21:00	LEGS, BUMS & TUMS (FIONA)	20:00 - 21:00	YOGA (AUDREY)								
		20:00 - 20:30	QUEENAX (FITNESS STAFF)												

- INTERVAL
- STRENGTH
- CARDIO
- MIND & BODY



Classes are all free of charge to members and can be booked via our easy to use New Age Fitness App 24 hours in advance.