



CLASS SCHEDULE

28TH SEPTEMBER - 8TH NOVEMBER 2020

MONDAY:

- 10:15 - 11:00: Aqua Fit
- 11:00 - 11:45: TRX
- 3:45-8:00: Swimming Lessons (Kids)
- 19:00 - 19:45: HIIT
- 20:00 - 20:45: Body Sculpt
- 21:00 - 21:45: Yogalates **

TUESDAY:

- 10:15 - 11:00: Aqua Fit
- 11:00 - 11:45: Gold-n-Tone
- 3:45-8:00: Swimming Lessons (Kids)
- 19:00 - 19:45: TRX
- 20:00 - 20:45: Spin
- 21:00 -21:45: Stretch-n-Core

WEDNESDAY:

- 10:00 - 10:45: Spin
- 11.00 - 11.45: Stretch-n-Core**
- 3:45-8:00: Swimming Lessons (Kids)
- 19:00 - 19:45: Spin
- 20:15 - 21:00: Swimming Lessons (Adults)
- 21:00 - 21:45: Body Sculpt**

THURSDAY:

- 10.15 - 11.00: Aqua Fit
- 11:00 - 11:45: Yogalates**
- 3:45-8:00: Swimming Lessons (Kids)
- 20:00 - 20:45: Kettlebells
- 21:00 - 21:45: Yogalates

FRIDAY:

- 10:00 - 10:45: HIIT
- 11:00 - 11:45: Gold-n-Tone
- 4:30-7:30: Swimming Lessons (Kids)
- 19:00 - 19:45: Spin
- 20.00 - 20:45: BLT

SATURDAY:

- 10:00 - 10:45: Spin
- 11:00 - 11:45: Body Sculpt

SUNDAY:

- 10:00 - 10:45: HIIT

****CLASS AVAILABLE ONLINE THROUGH ZOOM.**
REDUCED CAPACITY IN ALL CLASSES.
EQUIPMENT TO BE CLEANED AND SANITISED BEFORE / AFTER BY MEMBERS.
CLASSES MUST BE PREBOOKED AND ARE ON FIRST COME FIRST SERVE BASIS.
ENTRY FOR CLASSES IS DIRECTLY TO THE SPIN STUDIO (EXCEPT FOR AQUA FIT).