

# TIMETABLE

## Aerobic

### Monday

06:00 - 06:45  
BOXERCISE  
Lydia

06:00 - 06:45  
SPINNING  
Lisa H.

08:30 - 09:30  
BALLETRIP  
Tyla

08:30 - 09:30  
SPINNING  
Lisa H.

09:15 - 10:00  
AQUA  
Lisa K.

09:30 - 10:30  
PILATES FUSION  
Lydia

10:30 - 11:30  
PURE STRETCH  
Laura

11:30 - 12:45  
CENTRED YOGA  
Carla

13:15 - 14:00  
BODY SCULPT  
Lisa K.

**NEW**  
17:00 - 18:00  
BALLETRIP  
Nurit

17:30 - 18:15  
SPINNING  
Brandon

18:00 - 19:00  
PILATES  
Lisa K.

### Tuesday

05:45 - 06:45  
SPINNING  
Craig

**NEW**  
08:00 - 08:30  
MIXIT  
Alex

08:30 - 09:30  
YOGA  
Mandy

08:30 - 09:30  
SPINNING  
Craig

09:30 - 10:30  
BODY SCULPT  
Manu

10:30 - 11:30  
PILATES  
BACK TO BASICS  
Cathryn

13:15 - 14:00  
VINYASA YOGA  
Carla

**NEW**  
17:00 - 18:00  
CARDIO DANCE  
Ioana

18:00 - 19:00  
STRONG BY  
ZUMBA  
Franco

18:00 - 18:45  
SPINNING  
Theo

## Body

### Wednesday

06:00 - 06:45  
WARRIOR WORKOUT  
Lydia

06:00 - 06:45  
SPINNING  
Lisa K.

08:30 - 09:30  
WARRIOR WORKOUT  
Lydia

08:30 - 09:30  
SPINNING  
Lisa H.

09:30 - 10:30  
PILATES FUSION  
Tara

10:30 - 11:30  
PURE STRETCH  
Laura

13:15 - 14:00  
BODY SCULPT  
Manu

17:00 - 18:00  
YIN YOGA  
Carla

18:00 - 18:45  
SPINNING  
Manu

18:00 - 19:00  
CROSS TRAIN  
Alex

### Thursday

06:00 - 06:45  
SPINNING  
Lisa H.

06:00 - 06:45  
STRENGTH &  
CONDITIONING  
Manu

07:30 - 08:30  
PILATES  
Jane Edwards

08:30 - 09:30  
BOXERCISE  
Lydia

08:30 - 09:15  
SPINNING  
Mel

09:30 - 10:30  
BODY SCULPT  
Jane Edwards

09:30 - 10:15  
AQUA  
Lydia

10:30 - 11:30  
YOGA  
Claire

13:15 - 14:00  
BODY SCULPT  
Lisa

**NEW**  
17:00 - 18:00  
BUDOKON YOGA  
Mandy

18:00 - 18:45  
SPINNING  
Manu

18:00 - 19:00  
PILOXING  
Ioana

## Calm

### Friday

06:00 - 06:45  
SPINNING  
Manu

07:00 - 08:00  
VINYASA YOGA  
Carla

08:30 - 09:30  
SPINNING  
Kirsten

08:30 - 09:30  
PILATES FUSION  
Cathryn

09:30 - 10:30  
BALLETRIP

10:30 - 11:30  
PILATES  
BACK TO BASICS  
Tara

11:30 - 12:30  
PURE STRETCH  
Thelma

13:15 - 14:00  
BODY SCULPT  
Lisa K.

17:00 - 17:45  
SPINNING  
Brandon

### Saturday

07:15 - 08:00  
BOXERCISE  
Karl

**NEW**  
08:00 - 09:00  
WARRIOR WORKOUT  
Sean

08:00 - 09:00  
SPINNING  
Guest

**NEW**  
09:00 - 9:45  
ZUMBA  
Franco

**NEW**  
10:00 - 11:00  
PILOXING  
Ioana

11:00 - 12:00  
YOGA  
Carey-Ann

### Sunday

09:00 - 10:00  
SPINNING  
Brandon

09:00 - 10:00  
PILATES FUSION  
Lisa K.

10:00 - 11:00  
YIN YOGA  
Carla

**Class Timetable and Instructors  
subject to change without notice.**