

# ADULT'S CLASS TIMETABLE - FROM MARCH 2026

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			WEEKENDS		
TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
<b>DANCE STUDIO</b>			<b>DANCE STUDIO</b>			<b>DANCE STUDIO</b>			<b>DANCE STUDIO</b>			<b>DANCE STUDIO</b>			<b>DANCE STUDIO - SUNDAY</b>		
09:15-10:15	Pilates	Claire	09:15-10:15	Pilates	Coach Roach	08:00-09:00	Hatha Yoga	Alec	09:15-10:00	Step	Coach Roach	08:00-09:00	Hatha Yoga	Alec	12:30-13:30	Dance Class	Bethany
10:15-11:00	Total Body Workout	Claire	10:15-11:45	Fitness Yoga	Julie	09:15-10:15	Barre & Tone	Julie	10:00-11:00	Hatha Yoga	Alec	09:15-10:00	Total Body Workout	Claire			
11:15-12:00	Zumba Gold	Claire	12:15-13:00	Functional Fitness	Ady	11:30-12:15	Aerobics	Coach Roach	11:15-12:00	Barre	Coach Roach	10:15-11:15	Pilates	Claire			
12:15-13:15	Pilates	Claire				12:30-13:30	Chair Yoga	Sena	12:15-13:00	Functional Lifestyle Fitness	Ady	11:15-12:00	Zumba Gold	Claire			
13:30-14:30	Chair Yoga	Sena	17:15-18:15	Yoga	Sena	17:15-18:15	Yoga	Sena	17:15-18:15	Pilates	Coach Roach	12:15-13:15	Pilates	Claire			
17:00-18:00	Legs Bums & Tums	Coach Roach	18:30-19:30	Zumba	Andrea	18:30-19:30	Zumba	Andrea	18:15-19:00	Total Body Workout	Coach Roach	18:15-19:15	Latino Aerobics	Marica			
18:15-19:00	Kettlebells	Coach Roach							19:00-19:45	Kettlebells	Coach Roach	19:15-20:15	OLIT	Marica			
19:15-20:15	Yoga	Sena															
<b>BADMINTON HALL</b>			<b>BADMINTON HALL</b>			<b>BADMINTON HALL</b>			<b>BADMINTON HALL</b>			<b>BADMINTON HALL</b>			<b>BADMINTON HALL - SATURDAY</b>		
06:10-07:00	Circuits	Gym Team	10:15-11:15	Circuits	Gym Team	06:15-07:00	Inferno	Alex S	10:15-11:15	Circuits	Gym Team	10:15-11:15	Circuits	Alex	10:00-11:00	Strength & Conditioning	Dan
			17:15-18:15	HIIT Nation	Micky B	10:15-11:15	Inferno	Coach Roach	19:15-20:15	Circuits	Gym Team	18:00-19:00	Hatton Boxing Fundamentals & Fitness	Coach Joner/Estry			
			19:15-20:15	Circuits	Gym Team	17:15-18:15	HIIT Nation	Micky B									
						18:15-19:15	Hatton Boxing Fundamentals & Fitness	Coach Joner/Estry									
						20:00-21:00	Badminton Club	Members									
<b>SWIMMING POOL</b>			<b>SWIMMING POOL</b>			<b>SWIMMING POOL</b>			<b>SWIMMING POOL</b>			<b>SWIMMING POOL</b>			<b>SWIMMING POOL</b>		
19:15-20:15	Aqua Aerobics	Coach Roach	10:30-11:30	Aqua Aerobics	Coach Roach	09:15-10:00	Deep Water Aqua Aerobics	Coach Roach	10:15-11:15	Aqua Aerobics	Coach Roach						
			19:45-20:45	Aqua Zumba	Sabina				18:45-19:45	Aqua Zumba	Sabina						
<b>SPINNING STUDIO</b>			<b>SPINNING STUDIO</b>			<b>SPINNING STUDIO</b>			<b>SPINNING STUDIO</b>			<b>SPINNING STUDIO</b>			<b>SPINNING STUDIO SATURDAY</b>		
10:15-11:00	Spinning <sup>PB</sup>	Gym Team	18:00-18:45	Spinning <sup>PB</sup>	Gym Team	10:15-11:00	Spinning <sup>PB</sup>	Ady	18:00-18:45	Spinning <sup>PB</sup>	Gym Team	09:15-10:00	Spinning <sup>PB</sup>	Gym Team	08:00-08:45	Spinning <sup>PB</sup>	Dan
18:00-18:45	Spinning <sup>PB</sup>	Gym Team													09:00-09:45	Spinning <sup>PB</sup>	Dan
19:00-19:45	Spinning <sup>PB</sup>	Gym Team															
<b>TENNIS / SQUASH COURTS</b>			<b>TENNIS / SQUASH COURTS</b>			<b>TENNIS / SQUASH COURTS</b>			<b>TENNIS / SQUASH COURTS</b>						<b>SPINNING STUDIO SUNDAY</b>		
19:00-21:00	Ladies Club Tennis	Jana	19:00-21:00	Tennis Club Night	Members	19:00-21:00	Mens Tennis Club	Members							09:00-09:45	Spinning <sup>PB</sup>	Ady