

ADULT'S CLASS TIMETABLE - FROM JUNE 2025

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			WEEKENDS		
TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
DANCE STUDIO			DANCE STUDIO			DANCE STUDIO			DANCE STUDIO			DANCE STUDIO			DANCE STUDIO - SUNDAY		
09:15-10:15	Pilates	Claire	09:15-10:15	Pilates	Coach Roach	08:00-09:00	Hatha Yoga	Tracey	09:15-10:00	Step	Coach Roach	08:00-09:00	Hatha Yoga	Tracey	10:30-11:30	Mindful Meditation/Pilates	Anna-Claire/Trisha
10:15-11:00	Total Body Workout	Claire	10:15-11:45	Freestyle Fitness Yoga	Julie	09:15-10:15	Barre & Tone	Julie	10:00-11:00	Hatha Yoga	Tracey	09:15-10:00	Total Body Workout	Claire	12:30-13:30	Dance Class	Bethany
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	19:00-20:30	Yoga	John	12:45-13:45	Guided Meditation	Anna-Claire	12:15-13:00	Functional Lifestyle Fitness	Ady	11:15-12:00	Zumba Gold	Claire			
13:45-14:45	Guided Meditation	Anna-Claire				19:15-20:15	Zumba	Andrea	18:15-19:00	Total Body Workout	Coach Roach	12:15-13:15	Pilates	Claire	OUTSIDE - SATURDAY		
17:00-18:00	Legs Bums & Tums	Coach Roach							19:00-19:45	Kettlebells	Coach Roach	18:15-19:15	Latino Aerobics	Marica			
18:15-19:00	Kettlebells	Coach Roach										19:15-20:15	OLIT	Marica	OUTSIDE - SUNDAY		
19:15-20:15	Pilates	Rachel													10:00-11:00	Running Club ‡	Liam
BADMINTON HALL			BADMINTON HALL			BADMINTON HALL			BADMINTON HALL			BADMINTON HALL			BADMINTON HALL - SATURDAY		
			10:15-11:15	Circuits	Gym Team	10:15-11:00	Inferno	Coach Roach	10:15-11:15	Circuits	Gym Team	10:15-11:15	Circuits	Gym Team	10:00-11:00	Strength & Conditioning	Dan S
			19:15-20:15	Circuits	Gym Team	18:00-19:00	Hatton Boxing Fundamentals & Fitness	Coach Estry	19:15-20:15	Circuits	Gym Team	18:00-19:00	Hatton Boxing Fundamentals & Fitness	Coach Estry			
						20:00-21:00	Badminton Club	Members									
SWIMMING POOL			SWIMMING POOL			SWIMMING POOL			SWIMMING POOL			SWIMMING POOL			SPINNING STUDIO SATURDAY		
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				08:00-08:45	Spinning ^{PB}	Dan
															09:00-09:45	Spinning ^{PB}	Dan
SPINNING STUDIO			SPINNING STUDIO			SPINNING STUDIO			SPINNING STUDIO			SPINNING STUDIO			SPINNING STUDIO SUNDAY		
06:15-07:15	Virtual Spin ^{PB}		06:15-07:15	Virtual Spin ^{PB}					06:15-07:15	Virtual Spin ^{PB}		06:15-07:15	Virtual Spin ^{PB}	Gym Team	09:00-09:45	Spinning ^{PB}	Ady
10:15-11:00	Spinning ^{PB}	Gym Team	18:00-18:45	Spinning ^{PB}	Gym Team				18:00-18:45	Spinning ^{PB}	Gym Team	09:15-10:00	Spinning ^{PB}	Gym Team			
18:00-18:45	Spinning ^{PB}	Gym Team															
TENNIS / SQUASH COURTS			TENNIS / SQUASH COURTS			TENNIS / SQUASH COURTS			SPINNING An excellent cardio workout really burns the calories.			SKILL ACQUISITION CLASSES Skills acquisition training.					
19:00-21:00	Ladies Club Tennis	Members	19:00-21:00	Tennis Club Night	Mike	19:00-21:00	Mens Tennis Club	Mike	AEROBIC BASED WORKOUTS A mix from low to high impact fat burning cardiovascular exercises, some may include a step platform.			FUNCTIONAL LIFESTYLE FITNESS Specially designed to match each classmember's ability & based around gentle exercise that will stretch but not over challenge.					
19:00-21:00	Adult Squash Coaching	Fin	19:00-21:00	Adult Squash Coaching	Fin				STRENGTH, STRETCHING & FLEXIBILITY A class of postures designed to strengthen and tone your body and increase flexibility.			RESISTANCE CARDIO Higher Impact classes using your own body resistance and free weights to enhance your workout.					