

ADULT'S CLASS TIMETABLE - FROM SEPTEMBER 2024

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY / SUNDAY		
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		
08:00-09:00	Kettlebells	Denise	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	SATURDAY		
09:15-10:15	Pilates	Claire	10:15-11:45	Freestyle Fitness Yoga	Julie/Angela	09:15-10:15	Barre	Coach Roach	10:00-11:00	Hatha Yoga	Tracey	09:15-10:00	Total Body Workout	Claire			
10:15-11:00	Total Body Workout	Claire	12:15-13:00	Functional Fitness	Ady	10:30-11:30	Stability Ball Class	Julie/Angela	11:15-12:00	Barre	Coach Roach	10:15-11:15	Pilates	Claire	SUNDAY		
11:15-12:00	Zumba Gold	Claire	19:00-20:30	Yoga	John	11:30-12:15	Aerobics	Coach Roach	12:15-13:00	Functional Lifestyle Fitness	Ady	11:15-12:00	Zumba Gold	Claire	10:30-11:30	Mindful Meditation/Pilates	Anna-Claire/Trisha
12:15-13:15	Pilates	Claire				18:15-19:00	Pilates	Coach Roach	17:00-18:00	Pilates	Trisha	12:15-13:15	Pilates	Claire			
17:00-18:00	Legs Bums & Tums	Coach Roach				19:15-20:15	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	Pilates	Rachel							19:45-20:30	Posture & Movement	Coach Roach						
BADMINTON HALL			BADMINTON HALL			BADMINTON HALL			BADMINTON HALL			BADMINTON HALL			BADMINTON HALL		
			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	SATURDAY		
			19:15-20:15	Circuits	Gym Team	19:00-20:00	Hatton Boxing Fundamentals & Fitness	Nathan	19:15-20:15	Circuits	Dan/Sam M	18:30-19:30	Hatton Boxing Fundamentals & Fitness	Nathan	10:00-11:00	Strength & Conditioning	Dan S
						20:00-21:00	Badminton Club										
SWIMMING POOL			SWIMMING POOL			SWIMMING POOL			SWIMMING POOL			SWIMMING POOL			SPINNING STUDIO SATURDAY		
09:15-10:00	Aqua Aerobics	Denise	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
19:15-20:15	Aqua Aerobics	Coach Roach				19:15-20:00	Aqua Aerobics	Coach Roach							09:00-09:45	Spinning ^{PB}	Dan
SPINNING STUDIO			SPINNING STUDIO			SPINNING STUDIO			SPINNING STUDIO			SPINNING STUDIO			SPINNING STUDIO SUNDAY		
18:00-18:45	Spinning ^{PB}	Gym Team	18:00-18:45	Spinning ^{PB}	Gym Team	10:15-11:00	Spinning ^{PB}	Gym Team	18:00-18:45	Spinning ^{PB}	Gym Team	09:15-10:00	Spinning ^{PB}	Gym Team	09:00-09:45	Spinning ^{PB}	Ady
						18:00-18:45	Spinning ^{PB}	Gym Team	18:00-18:45	Spinning ^{PB}	Gym Team						
TENNIS / SQUASH COURTS			TENNIS / SQUASH COURTS			TENNIS / SQUASH COURTS			TENNIS / SQUASH COURTS			TENNIS / SQUASH COURTS					
09:40-10:00	Abs Blast	Gym Team	19:00-21:00	Tennis Club Night	Mike	19:00-21:00	Mens Tennis Club	Mike									
19:00-21:00	Ladies Club Tennis																
19:00-21:00	Adult Squash Coaching	Finn															

SPINNING An excellent cardio workout really burns the calories.

AEROBIC BASED WORKOUTS A mix from low to high impact fat burning cardiovascular exercises, some may include a step platform.

STRENGTH, STRETCHING & FLEXIBILITY A class of postures designed to strengthen and tone your body and increase flexibility.

SKILL ACQUISITION CLASSES Skills acquisition training.

FUNCTIONAL LIFESTYLE FITNESS Specially designed to match each classmember's ability & based around gentle exercise that will stretch but not over challenge.

RESISTANCE CARDIO Higher Impact classes using your own body resistance and free weights to enhance your workout.

