

# ADULT'S CLASS TIMETABLE - FROM SEPTEMBER 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      | 06:30-07:30            | Legs Bums & Tums           | Brittany    | 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      | 09:15-10:15            | Pilates                    | Coach Roach | 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      | 10:15-11:45            | Fitness Yoga               | Julie       | 10:30-11:30            | Yoga/Pilates                         | Trisha      | 11:15-12:00            | Barre                        | Coach Roach | 10:15-11:15                                                                           | Pilates                              | Claire     |                           |                            |                    |
| 12:15-13:15            | Pilates                    | Claire      | 12:15-13:00            | Functional Fitness         | Ady         | 11:30-12:15            | Aerobics                             | Coach Roach | 12:15-13:00            | Functional Lifestyle Fitness | Ady         | 11:15-12:00                                                                           | Zumba Gold                           | Claire     |                           |                            |                    |
| 17:00-18:00            | Legs Bums & Tums           | Coach Roach | 17:15-18:15            | Yoga                       | Sena        | 12:30-13:30            | Chair Yoga                           | Sena        | 17:15-18:15            | Pilates                      | Coach Roach | 12:15-13:15                                                                           | Pilates                              | Claire     |                           |                            |                    |
| 18:15-19:00            | Kettlebells                | Coach Roach | 18:30-19:30            | Zumba                      | Andrea      | 17:15-18:15            | Yoga                                 | Sena        | 18:15-19:00            | Total Body Workout           | Coach Roach | 17:15-18:15                                                                           | Legs Bums & Tums                     | Brittany   |                           |                            |                    |
| 19:15-20:15            | Yoga                       | Sena        |                        |                            |             | 18:30-19:30            | Zumba                                | Andrea      | 19:00-19:45            | Kettlebells                  | Coach Roach | 18:15-19:15                                                                           | Latino Aerobics                      | Marica     |                           |                            |                    |
|                        |                            |             |                        |                            |             |                        |                                      |             |                        |                              |             | 19:15-20:15                                                                           | OLIT                                 | Marica     |                           |                            |                    |
| BADMINTON HALL         |                            |             | BADMINTON HALL         |                            |             | BADMINTON HALL         |                                      |             | BADMINTON HALL         |                              |             | BADMINTON HALL                                                                        |                                      |            | BADMINTON HALL - SATURDAY |                            |                    |
| 06:30-07:30            | 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                             | Gym Team   | 10:00-11:00               | Strength & Conditioning    | Dan                |
|                        |                            |             | 19:15-20:15            | Circuits                   | Gym Team    | 10:15-11:00            | Inferno                              | Coach Roach | 19:15-20:15            | Circuits                     | Gym Team    | 18:00-19:00                                                                           | Hatton Boxing Fundamentals & Fitness | Coach Jona |                           |                            |                    |
|                        |                            |             |                        |                            |             | 18:00-19:00            | Hatton Boxing Fundamentals & Fitness | Coach Jona  |                        |                              |             |                                                                                       |                                      |            |                           |                            |                    |
|                        |                            |             |                        |                            |             | 20:00-21:00            | Badminton Club                       | Members     |                        |                              |             |                                                                                       |                                      |            |                           |                            |                    |
| SWIMMING POOL          |                            |             | SWIMMING POOL          |                            |             | SWIMMING POOL          |                                      |             | SWIMMING POOL          |                              |             | SWIMMING POOL                                                                         |                                      |            | SWIMMING POOL             |                            |                    |
| 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 |                                                                                       |                                      |            |                           |                            |                    |
|                        |                            |             |                        |                            |             |                        |                                      |             |                        |                              |             |                                                                                       |                                      |            |                           |                            |                    |
| SPINNING STUDIO        |                            |             | SPINNING STUDIO        |                            |             | SPINNING STUDIO        |                                      |             | SPINNING STUDIO        |                              |             | SPINNING STUDIO                                                                       |                                      |            | SPINNING STUDIO SATURDAY  |                            |                    |
| 06:15-07:15            | Virtual Spin <sup>PB</sup> | Virtual     | 06:15-07:15            | Virtual Spin <sup>PB</sup> | Virtual     |                        |                                      |             | 06:15-07:15            | Virtual Spin <sup>PB</sup>   |             | 06:15-07:15                                                                           | Virtual Spin <sup>PB</sup>           | Virtual    | 08:00-08:45               | Spinning <sup>PB</sup>     | Dan                |
| 10:15-11:00            | Spinning <sup>PB</sup>     | Gym Team    | 18:00-18:45            | Spinning <sup>PB</sup>     | Gym Team    |                        |                                      |             | 18:00-18:45            | Spinning <sup>PB</sup>       | Gym Team    | 09:15-10:00                                                                           | Spinning <sup>PB</sup>               | Gym Team   | 09:00-09:45               | Spinning <sup>PB</sup>     | Dan                |
| 18:00-18:45            | Spinning <sup>PB</sup>     | Gym Team    |                        |                            |             |                        |                                      |             |                        |                              |             |                                                                                       |                                      |            |                           |                            |                    |
| TENNIS / SQUASH COURTS |                            |             | TENNIS / SQUASH COURTS |                            |             | TENNIS / SQUASH COURTS |                                      |             | TENNIS / SQUASH COURTS |                              |             |  |                                      |            | SPINNING STUDIO SUNDAY    |                            |                    |
| 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                |
| 19:00-21:00            | Squash Development         | Dan A       |                        |                            |             |                        |                                      |             |                        |                              |             |                                                                                       |                                      |            |                           |                            |                    |