

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30	INDOOR CYCLE Joanne 45mins Function Suite	INDOOR CYCLE Ryan 45mins Function Suite	STEP Dee 45mins New Hall	KETTLEBELLS Dee 45mins Dance Studio	INDOOR CYCLE Ryan L 45mins Function Suite		
09.30	PUMP Victoria 60mins New Hall	PUMP Victoria 60mins New Hall	YOGA Janet 60mins Dance Studio	CIRCUITS Jo Ann 60mins Dance Studio	KETTLEBELLS Jo Ann 45mins Dance Studio	KETTLEBELLS Joanne 45mins Dance Studio	KETTLEBELLS Dee 45mins Dance Studio
	URBAN REBOUND Hazel 45mins Dance Studio				ZUMBA Karina 60mins New Hall		
10.30				AEROBICS (S) Wendy 45mins New Hall		Hiit CARDIO Joanne 30mins Dance Studio	
				LIVE LONG Colin 120mins Sports Hall			
10.45				YOGA Nicki 60mins Dance Studio	PILATES Jo Ann 60mins Dance Studio		INDOOR CYCLE Tracy 45mins Function Suite
11.00	PILATES Maria 60mins Dance Studio	PILATES Maria 60mins Dance Studio					
11.15		AQUA FIT Hazel 45mins Main Pool					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11.45							Hiit CORE Tracy 30mins Dance Studio
12.00						NIA DANCE Elizabeth 60mins Dance Studio	
12.30	INDOOR CYCLE Ryan 45mins Function Suite		Hiit CARDIO Victoria 30mins New Hall		ATTACK Stephen 45mins New Hall		
12.45							TAI CHI Changhai Zhu 60mins Dance Studio
17.00			ZUMBA Karina 45mins Dance Studio				
17.15	Hiit STRENGTH Stephen 30mins New Hall	Hiit CARDIO Paula R 30mins New Hall	Hiit STRENGTH Stephen 30mins New Hall	PUMP Victoria 45mins New Hall	Hiit CARDIO Stephen 30mins New Hall		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17.30	PILATES Jo Ann 60mins Dance Studio						
17.45					YOGA Nicki 60mins Dance Studio		
18.00	INDOOR CYCLE Stephen 45mins Function Suite	INDOOR CYCLE Paula R 45mins Function Suite	INDOOR CYCLE Stephen 45mins Function Suite	INDOOR CYCLE Tracy 45mins Function Suite	PUMP Stephen 45mins New Hall		
			URBAN REBOUND Wendy 45mins Dance Studio				
18.45		YOGA Nicki 60mins Dance Studio		YOGA Catherine 60mins Dance Studio			
19.00	ZUMBA Karina 60mins New Hall	PUMP Victoria 60mins New Hall	PILATES Gemma 60mins Dance Studio	ZUMBA Jenny 60mins New Hall	HiIT CORE Elaine 30mins New Hall		
	HiIT KETTLEBELL Stephen 30mins Dance Studio	INDOOR CYCLE Paula 45mins Function Suite		INDOOR CYCLE Tracy 45mins Function Suite			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
20.00		KETTLEBELLS Gary 45mins Dance Studio	AQUA FIT Hazel 45mins Main Pool				
			INDOOR CYCLE 45mins Function Suite				

MORE Cardio

Cardio classes include a variety of movements and exercises to get the heart rate pumping. Cardio classes can vary greatly, but at the core, it includes movements that increase your heart rate.

MORE Strength

If your goal is to get stronger and more sculpted then these classes are for you. The sessions are designed to get you fitter, stronger and leaner using a combination of equipment and your own bodyweight.

MORE Mind & Body

A form of exercise that combines body movement, mental focus and controlled breathing to improve strength, balance, flexibility and overall health.

(J) MORE Junior Class

(S) MORE Senior Class