

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30	INDOOR CYCLE Dee 45mins Sports Hall	INDOOR CYCLE Ryan 45mins Sports Hall	STEP Dee 45mins Sports Hall	KETTLEBELLS Dee 45mins Sports Hall	INDOOR CYCLE Dee 45mins Sports Hall		
09.30	PILATES Maria 60mins Sports Hall	PUMP Victoria 60mins Sports Hall	ZUMBA Karina 60mins Sports Hall	ATTACK Jo Ann 60mins Sports Hall	KETTLEBELLS Jo Ann 45mins Sports Hall	KETTLEBELLS Joanne 45mins Sports Hall	KETTLEBELLS Dee 45mins Sports Hall
10.45			AEROBICS (S) Wendy 60mins Sports Hall	YOGA Nicki 60mins Dance Studio	PILATES Jo Ann 60mins Sports Hall	COMBAT Joanne 60mins Sports Hall	INDOOR CYCLE Dee 45mins Sports Hall
11.00	PUMP Victoria 60mins Sports Hall	PILATES Maria 60mins Sports Hall					
11.30							
12.00						PILATES Jo Ann 60mins Sports Hall	
12.30	INDOOR CYCLE Ryan 45mins Sports Hall						
12.45							TAI CHI Changhai Zhu 60mins Sports Hall

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17.00			ZUMBA Karina 45mins Sports Hall	PUMP Victoria 45mins Sports Hall			
17.15	Hiit STRENGTH Stephen 30mins Sports Hall	Hiit CARDIO Lisa 30mins Sports Hall			Hiit CARDIO Stephen 30mins Sports Hall		
17.50			INDOOR CYCLE Stephen 45mins Sports Hall				
18.00	INDOOR CYCLE Stephen 45mins Sports Hall	INDOOR CYCLE Lisa 45mins Sports Hall		INDOOR CYCLE Mark 45mins Sports Hall	PUMP Stephen 45mins Sports Hall		
18.45		YOGA Nicki 60mins Dance Studio	Hiit STRENGTH Stephen 30mins Sports Hall	YOGA Catherine 60mins Dance Studio	YOGA Nicki 60mins Dance Studio		
19.00	COMBAT Joanne 60mins Sports Hall	PUMP Victoria 60mins Sports Hall	PILATES Gemma 60mins Dance Studio	ZUMBA Jenny 60mins Sports Hall	COMBAT Joanne 60mins Sports Hall		
19.30			ATTACK Lisa 60mins Sports Hall				

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