

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING		<b>INDOOR CYCLE</b> Tara 45mins Sports Hall		<b>Hiit KETTLEBELLS</b> Marty 30mins Sports Hall			
	06.10						
	06.45	<b>INDOOR CYCLE</b> Stephen 45mins Sports Hall				<b>INDOOR CYCLE</b> Paula R 45mins Sports Hall	
	09.30	<b>INDOOR CYCLE</b> Tara 45mins Sports Hall	<b>BEAT ATTACK</b> Paula 60mins Sports Hall	<b>INDOOR CYCLE</b> Vicki 45mins Sports Hall		<b>BEAT STEP</b> Jacquie 60mins Sports Hall	
	10.45	<b>BEAT AEROBICS (S)</b> Jacquie 60mins Sports Hall		<b>BEAT AEROBICS (S)</b> Jacquie 60mins Sports Hall	<b>YOGA</b> Catherine 60mins Sports Hall	<b>INDOOR CYCLE</b> Mark 45mins Sports Hall	<b>INDOOR CYCLE</b> Natalie 45mins Sports Hall
	11.45						<b>Hiit STRENGTH</b> Natalie 30mins Sports Hall
AFTERNOON	12.30		<b>YOGA</b> Catherine 60mins Sports Hall	<b>YOGA</b> Catherine 60mins Sports Hall			
	17:00				<b>PUMP</b> Paula 45mins Sports Hall	<b>INDOOR CYCLE</b> Stephen 45mins Sports Hall	
EVENING	17.15	<b>Hiit KETTLEBELLS</b> Marty 30mins Sports Hall	<b>Hiit STRENGTH</b> Marty 30mins Sports Hall				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17.45			<b>INDOOR CYCLE</b> Tara 45mins Sports Hall				
18.00	<b>INDOOR CYCLE</b> Jennifer 45mins Sports Hall	<b>INDOOR CYCLE</b> Mark 45mins Sports Hall		<b>INDOOR CYCLE</b> Karen 45mins Sports Hall	<b>HiIT STRENGTH</b> Marty 30mins Sports Hall		
18.45			<b>BEAT ZUMBA</b> Annabella 45mins Sports Hall				
19.00	<b>PILATES</b> Averil 60mins Sports Hall	<b>BEAT STEP</b> Jacquie 60mins Sports Hall					
19.30				<b>YOGA</b> Mandy 60mins Sports Hall			
19.45			<b>PILATES</b> Jo 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**