

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Spin  Cycle Studio	Boot Camp 	BoxFit  GroupFitnessStudio	Circuit  Gym Floor	Boot Camp 	
7:00am	Hot Yoga  Stretch Studio	Kickbox Fit  GroupFitnessStudio	Circuit  Gym Floor	Body Balance LES MILLS GroupFitnessStudio	Kickbox Fit  GroupFitnessStudio	7:30am Meditation  Stretch Studio
8:30am				Step  GroupFitnessStudio		Spin  Cycle Studio
9:30am	Body Pump LES MILLS GroupFitnessStudio	Body Combat LES MILLS GroupFitnessStudio	Body Pump LES MILLS GroupFitnessStudio	Spin  Cycle Studio	Body Combat LES MILLS GroupFitnessStudio	Body Pump LES MILLS GroupFitnessStudio
		Spin  Cycle Studio	Barre Attack  Stretch Studio		Barre Attack  Stretch Studio	
10:30am	Body Balance LES MILLS GroupFitnessStudio	Yogalates  Stretch Studio	Body Balance LES MILLS GroupFitnessStudio	Pilates  GroupFitnessStudio	Body Pump LES MILLS GroupFitnessStudio	
Lunchtime Express 30 Minute Classes!						
12:30pm	Stretch  GroupFitnessStudio	Spin  Cycle Studio	Circuit  Gym Floor	Pilates  GroupFitnessStudio	Step  GroupFitnessStudio	
4:00pm		Children's Jiu-Jitsu 		Children's Jiu-Jitsu 		
5:30pm	Spin  Cycle Studio	Hot Yoga  Stretch Studio	Spin  Cycle Studio	Circuit  Gym Floor	Body Pump LES MILLS GroupFitnessStudio	
6:30pm	Pilates  GroupFitnessStudio	Body Pump LES MILLS GroupFitnessStudio	Yoga  Stretch Studio	Body Pump LES MILLS GroupFitnessStudio	Hot Yoga  Stretch Studio	
					BoxFit  GroupFitnessStudio	
7:30pm	Adult Brazilian Jiu-Jitsu 		Adult Brazilian Jiu-Jitsu 		MuayThaiFit  GroupFitnessStudio	

Express Class- 30 Minutes- Great for a lunch break workout!



Child Minding Available Classes!



Yogalates- a Perfect blend of yoga and Pilates, this class offers a great core workout mixed with muscle balance and stretching. This class is suitable for everyone, not only does it exercise your body but your mind as well

Box Fit- A class focused on improving fitness, coordination and burning calories in minutes! Learn basic boxing moves and techniques whilst having fun!

Kick-Box Fit- A mixture of kickboxing and boxing this class is sure to make you sweat. Learn how to kickbox, whilst also tightening your core and having fun!

Boot Camp- A diverse class that will give you a whole body workout. This class will have you shredding pounds in no time!

Hot Yoga- A new form of exercise, Hot Yoga will have you sweating in minutes. This class will allow for a more deep and effective performance of each pose. Great for those who want to develop strength, flexibility and tone with a cardiovascular workout

Yoga- Yoga classes will exercise not only your body, but also your mind. Yoga is a great class for improving your flexibility and balance!

Spin- Our spin classes will have you sweating and burning calories in minutes! This is a fun, energetic class that will have you burning lots of un-wanted kilos!

Pilates- Pilates will have you getting stronger whilst toning and gaining flexibility! This class will provide a great whole body workout at medium intensity!

Body Pump- Body pump is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with repetition, Body pump will give you a whole body workout!

Body Balance- This is a yoga-based class that will improve your body and mind. Learning a range of Tai Chi and Pilates moves you will leave this class feeling calm and centred.

Barre Attack- A combination of athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats, this fun class will have you sweating fast!

Body Combat- Punch and kick your way to fitness in our Body Combat classes! This high energy martial arts class inspired workout is non-contact! This class is great for relieving stress!

Step - Our Step Classes are a fun, energetic class which will have you burning calories in a matter of minutes! This is a great class to get your heart going and shed those extra kilos !

Children's Jiu-Jitsu –Brazilian Jiu-Jitsu is a martial art, combat sport system that focuses on grappling and especially ground fighting. Children 7-11. 1 Hour Class

Adult's Jiu-Jitsu - Brazilian Jiu-Jitsu is a martial art, combat sport system that focuses on grappling and especially ground fighting. Adults 16+ 1.5 Hour Class