

CLASS TIMETABLE

DAY	CLASS	LOCATION	TIME
Monday	Strength and Conditioning	The Studio	08:00 - 08:45
	HIIT	The Studio	09:00 - 09:45
	Stretch and Tone	The Studio	10:00 - 10:45
	Yin Yoga	The Studio	11:00 - 12:00
	Yoga	The Studio	18:00 - 18:45
	Pump and Tone	The Studio	19:00 - 19:45
Tuesday	Tai Chi	The Studio	09:00 - 10:00
	Circuits	The Studio	10:15 - 11:00
	Aqua Fit	Poolside	10:00 - 10:45
	Aqua Tone	Poolside	10:45 - 12:30
	Hatha Yoga	The Studio	11:15 - 12:15
	Legs, Bums and Tums	The Studio	18:00 - 18:45
	Pilates	The Studio	19:00 - 19:45
Wednesday	Circuits	The Studio	08:00 - 08:45
	Tai Chi	The Studio	08:55 - 09:55
	Zumba	The Studio	10:00 - 10:45
	Pilates	The Studio	11:00 - 11:45
	Pilates	The Studio	12:00 - 13:00
	Spin	The Studio	18:00 - 18:45
	MV Zumba	The Studio	18:45 - 19:30
Thursday	Yoga Core	The Studio	08:00 - 08:45
	Hatha Yoga	The Studio	09:00 - 10:00
	Circuits	The Studio	10:15 - 11:00
	Aqua Fit	Poolside	10:45 - 11:30
	Waterworks	Poolside	11:30 - 12:15
	Group Exercise	The Studio	18:00 - 18:45
Friday	Legs, Bums and Tums	The Studio	08:00 - 08:45
	MV Zumba	The Studio	09:30 - 10:15
	HIIT	The Studio	10:30 - 11:15
	MV Zumba	The Studio	18:00 - 18:45
Saturday	Pump and Tone	The Studio	09:30 - 10:15
	MV Dance	The Studio	10:30 - 11:15
Sunday	Pump and Tone	The Studio	10:45 - 11:30
	Combat	The Studio	11:30 - 12:15

Classes will require booking in advance.

Please speak to a member of the leisure team for more information.

