



	TIME	CLASS	LEVEL	VENUE	
MONDAY	10.00-11.00am	50+ AEROBICS	ALL ABILITIES	ACTIVE STUDIO	MONDAY
	10.00-10.45am	SPINNING	ALL ABILITIES	SPIN STUDIO	
	11.05-11.50am	LEGS BUMS & TUMS	ALL ABILITIES	ACTIVE STUDIO	
	12.00-1.00pm	YOGA (Iyenga)	ALL ABILITIES	ACTIVE STUDIO	
	6.00-7.00pm	LEGS BUMS AND TUMS	ALL ABILITIES	ACTIVE STUDIO	
	6.00-7.00pm	YOGA (Hatha)	BEGINNERS	SILVER ROOM	
	6.15-7.00pm	SPINNING	ALL ABILITIES	SPIN STUDIO	
	7.05-7.50pm	<b>AQUA FITNESS</b>	ALL ABILITIES	TEACHING POOL	
	7.05-8.05pm	STEP AND SCULPT	ALL +5 kids allowed	ACTIVE STUDIO	
	7.10-8.10pm	YOGA (Hatha)	BEG/INTERM	SILVER ROOM	
	7.30-8.15pm	SPINNING	ALL ABILITIES	SPIN STUDIO	
	7.55-8.40pm	<b>DEEP AQUA FITNESS</b>	ALL ABILITIES	TEACHING POOL	
	8.00-9.00pm	<b>LINE DANCING - NEW</b>	ALL ABILITIES	GOLD ROOM	
8.15-9.15pm	MIXED CIRCUITS	ALL ABILITIES	MAIN HALL		
TUESDAY	10.00-11.00am	AEROBICS	WOMEN ONLY+5 kids	ACTIVE STUDIO	TUESDAY
	11.00-11.45pm	LEGS BUMS & TUMS	ALL ABILITIES	ACTIVE STUDIO	
	11.45-12.30pm	SPINNING	ALL ABILITIES	SPIN STUDIO	
	12.00-12.45pm	CHAIR BASED EXERCISE	Specialised Class	ACTIVE STUDIO	
	12.50-1.50pm	PILATES	ALL ABILITIES	ACTIVE STUDIO	
	4.45-5.45pm	STREET JAM	4-11 yrs	ACTIVE STUDIO	
	6.00-7.30pm	YOGA (Hatha)	ALL ABILITIES	ACTIVE STUDIO	
	6.30-7.30pm	SPINNING	INTERMEDIATE	SPIN STUDIO	
	7.00-8.00pm	PILATES	IMPROVERS	SILVER ROOM	
	7.30-8.15pm	DANCE AEROBICS	ALL ABILITIES	ACTIVE STUDIO	
	7.35-8.20pm	SPINNING	ALL ABILITIES	SPIN STUDIO	
8.15-9.15pm	BOXERCISE	ALL ABILITIES	ACTIVE STUDIO		
WEDNESDAY	10.00-11.00am	50+ACTIVE GzENERATION	ALL ABILITIES	ACTIVE STUDIO	WEDNESDAY
	11.10-12.10pm	YOGA (General)	50+	ACTIVE STUDIO	
	12.15-1.00pm	<b>AQUA FITNESS</b>	WOMEN ONLY	TEACHING POOL	
	12.30-1.30pm	PILATES	BEG/ INTERM	ACTIVE STUDIO	
	6.15-7.00pm	BODY SCULPT	ALL + 5 kids allowed	ACTIVE STUDIO	
	6.15-7.00pm	SPINNING	ALL ABILITIES	SPIN STUDIO	
	6.30-8.00pm	YOGA (Iyenga)	IMPROVERS	SILVER ROOM	
	7.00-8.00pm	MIXED CIRCUITS	INTERM/ADV	MAIN HALL	
	7.15-8.00pm	SPINNING	ALL ABILITIES	SPIN STUDIO	
8.15-9.15pm	BELLY DANCING	ALL ABILITIES	ACTIVE STUDIO		
THURSDAY	9.15-10.00am	BACK TO EXERCISE	BEGINNERS	ACTIVE STUDIO	THURSDAY
	10.15.-11.00am	PILATES ON THE BALL	ALL + 5 kids allowed	ACTIVE STUDIO	
	11.00-12.00pm	SPINNING	ALL ABILITIES	SPIN STUDIO	
	12.30-1.15pm	<b>AQUA FITNESS</b>	WOMEN ONLY	TEACHING POOL	
	12.30-1.30pm	PILATES	ALL ABILITIES	SILVER ROOM	
	6.15-7.00pm	ZUMBA Fitness	ALL + 5 kids allowed	ACTIVE STUDIO	
	6.45-7.30pm	<b>DEEP AQUA FITNESS</b>	ALL ABILITIES	TEACHING POOL	
	7.00-8.00pm	CAPOEIRA	ALL ABILITIES	ACTIVE STUDIO	
	7.05-8.05pm	PILATES	ALL ABILITIES	SILVER ROOM	
	7.10-7.55pm	SPINNING – new time	ALL ABILITIES	SPINNING STUDIO	
	7.35-8.20pm	<b>AQUA FITNESS</b>	ALL ABILITIES	TEACHING POOL	
8.00-9.00pm	LEGS BUMS & TUMS	ALL ABILITIES	ACTIVE STUDIO		
8.00-9.00pm	MIXED CIRCUITS	ALL ABILITIES	MAIN HALL		
FRIDAY	10.15-11.15am	BODY SCULPT new time	ALL ABILITIES	ACTIVE STUDIO	FRIDAY
	11.15-12.00pm	SPINNING new time	ALL ABILITIES	SPIN STUDIO	
	11.30-12.15pm	ZUMBA GOLD new time	50+	ACTIVE STUDIO	
	12.30-1.30pm	TAI-CHI – new time	ALL ABILITIES	ACTIVE STUDIO	
	6.15-7.00pm	SPINNING	ALL ABILITIES	SPIN STUDIO	
	6.30-7.30pm	<b>ASIAN FUSION - NEW</b>	ALL ABILITIES	ACTIVE STUDIO	
	7.00-8.00pm	BOXING CIRCUIT	INTERMEDIATE	MAIN HALL	
SAT	9.00-10.00am	PILATES	ALL ABILITIES	ACTIVE STUDIO	SAT
	9.00-9.45am	SPINNING	ALL ABILITIES	SPIN STUDIO	
	10.00-10.45am	BODY SCULPT	ALL ABILITIES	ACTIVE STUDIO	
	10.45-11.30am	STEPS	INTERM/ADVANCED	ACTIVE STUDIO	
	11.30-12.30pm	TOTAL BODY WORKOUT	ALL ABILITIES	ACTIVE STUDIO	
	1.00-2.00pm	CARIBBEAN RHYTHMS	ALL ABILITIES	ACTIVE STUDIO	
SUN	10.00-10.45am	SPINNING	ALL ABILITIES	SPIN STUDIO	SUN
	10.45-11.30am	LEGS BUMS & TUMS	ALL ABILITIES	ACTIVE STUDIO	
	12.00-1.00pm	BHANGRA AEROBICS	ALL ABILITIES	ACTIVE STUDIO	
	1.15-2.00pm	<b>AQUA FITNESS</b>	ALL ABILITIES	TEACHING POOL	