

# ADULT TIMETABLE OF ACTIVITIES

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
AM	06.30-07.15	Spin D   S1	06.45-07.30	Yoga D   S2	06.45-07.30	Spin D   S1	06.30-07.30	Yoga D   S2	06.30-07.15	Spin D   S1	09.30-10.15	Rhythm Ride D   S1	10.00-10.45	Body Sculpt D   S1
	09.30-10.15	Body Repair D   S2	09.00-09.15	Glute Camp D   G	09.15-09.45	Easy Lines Circuits D   HZ	06.45-07.45	Multi-Burn D   S1	08.30-09.15	Pilates D   S2	09.45-10.15	GRIT D   M	11.00-11.45	Step & Tone D   S1
	09.30-10.15	Step & Tone D   M	09.15-9.45	Kinesis Strength D   G   HZ	09.30-10.15	Spin D   S1	09.30-10.15	Body Balance D   S2	09.30-10.15	Body Tone D   S1	10.30-11.15	Body Pump D   S1	12.00-13.00	Zumba D   S1
	09.30-10.15	Rhythm Ride D   S1	09.30-10.15	Yoga D   S2	09.45-10.00	Stretch & Flex D   G	09.30-10.15	Spin D   S1	09.30-10.15	Pilates D   S2				
	10.30-11.15	Cardio Tone D   S1	09.30-10.30	Body Pump D   S1	10.30-11.30	Body Pump D   S1	10.30-11.15	Pilates D   S2	10.30-10.45	Glute Camp D   G				
	10.30-11.15	Body Balance D   S2	09.45-10.00	Stretch & Flex D   G	10.30-11.15	Zumba D   S1	10.30-11.15	Step & Tone D   S1	10.30-11.15	Spin D   S1				
	11.15-11.45	Kinesis HIIT D   G   HZ	10.30-11.15	Dancercise D   S2	11.30-12.15	Yoga D   S2	10.30-11.00	Kinesis HIIT D   G   HZ	10.30-11.30	Yoga D   S2				
	11.30-12.15	Aqua Gym D   P	12.00-12.45	Aqua Gym D   P	12.00-12.45	Aqua Gym D   P	11.00-11.15	Abs Blast D   G	10.45-11.15	Kinesis Strength D   G   HZ				
	11.45-12.00	Abs Blast D   G					11.30-12.15	Body Balance D   S2	11.00-11.45	Aqua Gym D   P				
								11.15-11.30	Stretch & Flex D   G					
								11.45-12.30	Body Balance D   S2					
PM	17.00-17.45	Step & Tone D   S1	17.00-17.45	HIIT D   S2	17.00-17.45	Yoga D   S2	18.15-19.00	Pilates D   S2	18.00-19.00	Cross Circuits D   S1			16.15-16.45	Kinesis HIIT D   G   HZ
	18.00-18.45	Spin D   S1	17.00-17.45	Body Pump D   S1	17.30-18.15	Kettlebells D   M	18.15-19.00	Body Combat D   S1					16.45-17.00	Abs Blast D   G
	18.00-18.45	Outdoor Fitness M	18.00-18.45	Yoga D   S2	18.30-19.15	Wind Down Wednesday D   S2	19.15-20.00	Zumba D   S1					18.30-20.00	Yoga D   S2
	18.00-18.45	Yoga D   S2	18.15-19.00	Spin D   S1	18.30-19.15	Yoga D   S2	19.15-20.00	Aqua Gym D   P						
	19.00-19.45	Body Pump D   S1	19.00-19.45	Zumba D   S1	18.30-19.30	Body Dynamics D   M	19.30-20.15	Body Balance D   S2						
	19.00-19.45	Yoga D   S2	19.15-20.45	Racquetball Club Night D   SC	20.00-20.45	Aqua Gym D   P								
	20.15-21.00	Aqua Gym D   P	19.15-20.00	Boxercise Circuits D   S1										

**FREE COFFEE**  
in the Pool  
Gallery before  
09.00  
(Mon-Fri only)

High Energy	Dance	Strength	Holistic
Other	A   Easy	B   Intermediate	C   Advanced
D   All Levels	S1   Studio One	S2   Studio Two	G   Gym Floor
HZ   HIIT Zone	SC   Squash Court	P   Swimming Pool	TC   Tennis Court
M   Marquee			