

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes	STOTT Pilates 9:30am-10:15am	STOTT Pilates 9:30am-10:15am	Boxfit 10:00am-10:45am	Conditioning 9:30am-10:15am	Combat 9:00am-9:45am	Aqua Aerobics 8:00am-8:45am	Group Cycling 8:30am-9:15am
	Aqua Aerobics 10:30-11:15am	Activate and Tone 10:30am-11:15am	Fitness Yoga 10:30am-11:30am	Yoga and Meditation 11:30am-12:30pm	STOTT Pilates 9:30am-10:15am	Zenga 9:00am-9:45am	Barre Fitness 9:30am-10:15am
	Body Tone 10:30am-11:15am	Aqua Aerobics 11:45am-12:30pm	Activate and Tone 11:00am-11:45am	Aqua Aerobics 11:30am-12:15pm	Fitness Yoga 10:30am-11:30am	Group Cycling 10:00am-10:45am	
			Aqua Aerobics 11:00am-11:45am	Group Cycling 11:30am-12:15pm	Aqua Aerobics 11:30am-12:15pm		
Afternoon Classes	Body Tone 5:30pm-6:15pm	Group Cycling 6:00pm-6:45pm	Combat 6:00pm-6:45pm	Group Cycling 6:00pm-6:45pm	Body Tone 6:00pm-6:45pm		
	Group Cycling 6:00pm-6:45pm	truPump 6:50pm-7:20pm	Group Cycling 6:00pm-6:45pm	ABS Blast 6:50pm-7:20pm			
	Pilates 6:20pm-7:20pm	STOTT Pilates 7:00pm-7:45pm	truPump 6:45pm-7:15pm	Pilates/Yoga 7:00pm-8:00pm			
	Circuit Training 6:45pm-7:15pm		Fitness Yoga 7:30pm-8:30pm				
	Cheer Aerobics 7:15pm-8:00pm						

Activate and Tone	A low impact workout that focuses on toning those 'problem areas'. With lots of variation, this high intensity session burns fat whilst focusing on cardiovascular fitness and endurance. Gentle cardio workout taken at your own pace, followed by toning and stretching exercise.
Aqua Aerobics	Aqua brings a new meaning to the idea of an invigorating workout. Aqua is instructor-led 45 minute class that provides a full body toning workout. Using the resistance of the water, as well as aqua equipment, Aqua provides a fun, thorough workout, whilst keeping any impact on your joints to a minimum
Barre Fitness	
Body Tone	If you're new to group fitness, TONE is the perfect class to get you started in the studio. TONE combines a mix of cardio, resistance and core exercises. If you want the optimal mix of strength, cardio and core exercises, this is it.
Boxfit	
Cheer Aerobics	
Circuit Training	
Combat	
Conditioning	
Fitness Yoga	Fitness yoga is a combination of traditional yoga postures, strength and stretch in a fitness program. It will surely improve your flexibility and strength

Group Cycling	
HIIT	High intensity interval training sessions are commonly called HIIT workouts. This type of training involves repeated bouts of high intensity effort followed by varied recovery times. ... This type of training can be accomplished using body weight, resistance bands, free weights, medicine balls or weight machines.
LBT	Legs, bums and tums is a full body aerobic workout that aims to tone up your thighs, bum and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness levels. Our classes generally start with a gentle warm up to get your body moving.
Pilates	Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility
Pilates/ Yoga	
STOTT Pilates	STOTT PILATES exercise is a musculo-skeletal conditioning program that focuses on strength and stability. STOTT PILATES is ideal in combination with some kind of cardiovascular exercise, such as walking, running, aerobics or aqua fitness, and is a great complement to a weight training program or athletic training.
truPump	truPump is resistance training with weights at its finest - it's a great way to burn calories and build muscle. Improving your muscles ultimately increases your metabolism, and can help you continue burning calories long after the class has finished.
Yoga and Meditation	
Zenqa	