

MONDAY			
TIME	CLASS	MIN	LEVEL
2.00pm	Mature Movers	60	1
6.15pm	Indoor Cycling	45	1
6.15pm	Ultimate Body	60	1
7.15pm	Indoor Cycling	45	1 & 2
7.20pm	Hi/Lo Commotion	60	2
TUESDAY			
9.45am	Indoor Cycling	45	1
6.15pm	Triple Challenge	60	2
6.15pm	Indoor Cycling	45	1
7.20pm	Weight Worx	60	1
WEDNESDAY			
6.15pm	B-L-T's	60	1
6.30pm	Indoor Cycling	45	1
7.20pm	Supple Strength	60	1
Class Level 1- Suitable for all levels 2-Intermediate/improver			

THURSDAY			
TIME	CLASS	MIN	LEVEL
9.45am	Indoor Cycling	45	1
6.15pm	Indoor Cycling	45	2
6.15pm	Boxercise	45	1
7.05pm	Indoor Cycling	45	2
7.10pm	Weight Worx	60	1
FRIDAY			
6.20pm	Supple Strength	60	1
SATURDAY			
9.45am	Indoor Cycling	45	2
10.30am	Weekend Aerobics	60	1
SUNDAY			
10.15am	Cardio Pump	60	1

Notice Board

- Please arrive on time for the start of your class.
- No entry after warm up has started.
- Remember to call us to cancel if you can't make it.
- Towels & Water Bottles please.
- Check Notice Board for any class changes!

Hi/Lo Commotion

A Fun-ky Aerobics class, packed with new ideas using both Hi and Low impact movements.

Triple Challenge

The name says it all! A combination of Step, Aerobics and Body Conditioning all rolled into one.

Ultimate Body

Cutting edge for body sculpting and strengthening.

Boxercise

Incorporating boxing techniques including bag and pad work in the form of Circuit training. An invigorating workout and calorie burner...great for strength, speed and flexibility!

B-L-T's

A toning class designed at targeting those problem areas of the lower body.

Supple Strength

This class includes Yoga and Pilates techniques to help stretch and relax those muscles.

Weight Worx

An endurance class using barbells and weights...this class is guaranteed to tone and shape your body and help you lose weight in record time

Weekend Aerobics

A great class to end the week a Hi/lo impact energy filled workout.

Mature Movers

A class designed especially for the maturer person (over 50's) It's kinder on your body and easier on your joints.

Tomahawk Indoor Cycling

A motivating 45 minute calorie burner. The ultimate indoor cycling Experience... Climb and descend Hills, you control the level of resistance therefore you know how hard you work!

Cardio Pump

An energizing fusion of choreographed cardio and strength training intervals Enables participants to maximise calorie burn and increases muscle tone.