



Christmas & New Year Studio Timetable

MONDAY 18TH DECEMBER

06:35-07:20	Suspension Circuit*	3	Rodney
09:20-10:00	Insanity LIVE!™	2-3	Hannah
09:30-10:15	Group Cycle - Groove*	1-2	Kathy
09:45-10:30	Aqua Mix*	1-2	Mara
10:05-11:00	Total Body Workout	2-3	Caroline
10:30-11:30	Barre Concept	1-2	Vanessa
11:30-12:00	Functional Training	2-3	Brandon
11:35-12:15	Back Care	1-2	Rodney
11:40-12:30	Group Cycle - Endurance	2-3	Stefan
12:30-13:00	Gym Core*	1-2	James
12.30-13.15	Suspension Circuit*	2-3	Rodney
13:00-13:30	Functional Training	2-3	James
17:30-18:15	Group Cycle - Groove*	1-2	Caroline
18:15-19:10	Barre Concept	1-2	Vanessa
18:30-19:15	Functional Training	2-3	Scott/Rob
18:30-19:15	Suspension Circuit	2-3	James
18:30-19:15	Aqua	1-2	Mara
18:30-19:00	Gym Core	1-2	Lynne
19:15-20:00	Group Cycle Endurance	2-3	Spin Team
19:15-20:10	Konga	1-2	Lilly
20:00-20:45	Swim Fit	1-3	Chris
20:15-21:30	Gentle Flow Vinyasa Yoga	1-2	Julia

TUESDAY 19TH DECEMBER

06:45-07:15	Functional Training	2-3	Brandon
09:00-09:55	Zumba*	1-2	Hannah
09:20-09:50	Group Cycle - HIIT*	3	Brandon
09:45-10:30	Deep Water Aqua*	1-2	Dorata
09:45-11:00	Flow Vinyasa Yoga*	1-2	Rebecca
10:00-10:30	Gym Core*	1-2	Emma
10:00-11:00	Body Pump	2-3	Brandon
11:30-12:00	Functional Training	2-3	Brandon
11:45-12:30	Group Cycle - Groove*	1-2	Caroline
12:35-13:15	Fitness Pilates*	2-3	Caroline
14:00-14:45	Club Active	1-2	Poppy
18:30-19:30	Body Pump	2-3	Shelly
18:50-19:20	Group Cycle - HIIT	3	Rob

18:45-19:30	Aqua Mix	1-3	Zeb
19:00-19:30	Gym Core	1-2	Katie
19:30-20:00	Functional Training	2-3	Katie
19:35-20:30	Total Body Workout	1-3	Shelly
19:30-20:30	Fitness Pilates	2-3	Stefan
20:00-20:30	Functional Training	2-3	Rob

WEDNESDAY 20TH DECEMBER

06:35-07:20	Boxing Circuits*	2-3	Harriet
08:15-08:45	Functional Training	2-3	Rob
09:00-09:30	Functional Training	2-3	Rob
09:30-10:20	Group Cycle - Endurance*	2-3	Harriet
09:30-10:30	Barre Concept*	2-3	Rebecca H
09:30-10:20	Suspension Circuit	2-3	Caroline
09:45-10:30	Aqua Mix*	1-2	Mara
10:30-11:30	Fitness Pilates*	2-3	Caroline
10:45-12:00	Iyengar Yoga*	2-3	Sharon
12:30-13:15	Body Pump	1-2	Brandon
12:30-13:15	Intro to Pilates*	1-2	Harriet
18:45-19:15	Functional Training	2-3	James
18:30-19:20	Konga	1-3	Lilly
19:30-20:20	Insanity LIVE!™	2-3	James
19:30-20:45	Power Yoga	2-3	Delia
20:00:20.30	Functional Training	2-3	Dan

THURSDAY 21ST DECEMBER

06:35-07:20	Body Pump	2-3	Haley
06:35-07:20	Swim Fit*	1-2	Chris
06:45-07:15	Functional Training	1-2	Katie
09:10-09:55	Barre Concept*	1-2	Vanessa
09:15-10:00	Group Cycle - Groove	1-2	Kathy
09:20-10:00	Insanity LIVE!™	2-3	Haley
09:45-10:30	Deep Water Aqua*	1-3	Dorata
10:00-10:30	Gym Core*	1-3	Brandon
10:05-11:00	Total Body Workout	2-3	Haley
10:10-11.25	Iyengar Yoga*	2-3	Sharon
11:30-12:00	Functional Training	2-3	Brandon
12:15-13:00	Swim Fit*	1-3	Kathy
12:30-13:15	Suspension Training	2-3	James
18:45-19:15	Group Cycle	3	Scott
18:30-19:15	Fitness Pilates	1-2	Rodney
19:20-20:20	Body Pump	2-3	Harriet
19:30-20:45	Iyengar Flow Yoga	1-2	Yolanda

FRIDAY 22ND DECEMBER

06:40-07:10	Group Cycle - HIIT*	3	Haley
09:00-09:30	Functional Training	2-3	Harriet
09:30-10:20	Group Cycle - Endurance	2-3	Stefan
09:30-10:25	Barre Concept	1-2	Vanessa
09:30-10:30	Body Pump	2-3	Haley
10:40-11:25	Fitness Pilates	1-3	Haley
11:30-12:00	Functional Training	2-3	Scott
11:30-12:40	Gentle Flow Vinyasa Yoga*	1-2	Julia
12:30-13:15	Insanity LIVE!™	2-3	Stefan
18:30-19:00	Gym Core	1-3	Ross

SATURDAY 23RD DECEMBER

09:00-09:30	Gym Core*	1-3	Emma
09:00-09:30	Functional Training	2-3	Brandon/Katie
09:00-09:55	Fitness Pilates*	2-3	Caroline
09:10-09:55	Konga*	1-2	Lilly
09:30-10:00	Functional Training	2-3	Brandon/Katie
09:30-10:15	Group Cycle - Groove*	1-2	Kathy
10:00-10.50	Insanity LIVE!™	2-3	Caroline/Emma
10:15-11:30	Power Yoga	2-3	Delia
11:00-11:45	Total Body Workout	2-3	Caroline
17:00-17:30	Gym Core*	1-3	Dan/Cameron

SUNDAY 24TH DECEMBER

09:00-09:30	Gym Core*	1-2	Cameron
09:30-10:20	Group Cycle - Endurance*	2-3	Steph
09:30-10:25	Zumba*	1-2	Natasha
10:30-11:00	Gym Core*	1-2	Cameron
10:30-11:30	Body Pump	2-3	Steph

MONDAY 25TH DECEMBER - CHRISTMAS DAY - CLUB CLOSED

TUESDAY 26TH DECEMBER - BOXING DAY - CLUB CLOSED

WEDNESDAY 27TH DECEMBER

06:35-07:20	Boxing Circuits*	2-3	Rob
08:15-08:45	Functional Training	2-3	Rob
09:00-09:30	Functional Training	2-3	Rob
09:30-10:20	Group Cycle - Endurance*	2-3	Caroline
09:45-10:30	Aqua Mix*	1-2	Mara
10:30-11:30	Fitness Pilates*	2-3	Caroline
12.30-13.15	Body Pump Express	1-2	Brandon
18:30-19:20	Konga	1-3	Lilly
18:45-19:15	Functional Training	2-3	James

19:30-20:20	Insanity LIVE!™	2-3	James
19:30-20:45	Power Yoga	2-3	Delia
20:00-20:30	Functional Training	2-3	Dan

THURSDAY 28TH DECEMBER

06:35-07:20	Swim Fit*	1-2	Chris
06:45-07:15	Functional Training	2-3	Katie
09:10-09:55	Barre Concept*	1-2	Vanessa
09:15-10:00	Group Cycle - Groove	1-2	Kathy
09:45-10:30	Deep Water Aqua*	1-3	Dorata
10:00-10:30	Gym Core*	1-3	Brandon
11:30-12:00	Functional Training	2-3	Brandon
12:30-13:15	Suspension Training	2-3	James
18:45-19:15	Group Cycle - HIIT	3	Scott
19:20-20:20	Body Pump	2-3	Brandon
19:30-20:45	Iyengar Flow Yoga	1-2	Yolanda

FRIDAY 29TH DECEMBER

06:40-07:10	Group Cycle - HIIT*	3	Rob
09:00-09:30	Functional Training	2-3	Rob
09:30-10:20	Group Cycle - Endurance	2-3	Kathy
09:30-10:25	Barre Concept	1-2	Vanessa
09:30-10:30	Body Pump	2-3	Brandon
11:30-12:00	Functional Training	2-3	Scott
11:30-12:40	Gentle Flow Vinyasa Yoga*	1-2	Julia
18:30-19:00	Gym Core	1-3	Ross

SATURDAY 30TH DECEMBER

09:00-09:30	Gym Core*	1-3	Emma
09:00-09:30	Functional Training	2-3	Brandon/Katie
09:00-09:55	Fitness Pilates*	2-3	Caroline
09:10-09:55	Konga*	1-2	Lilly
09:30-10:00	Functional Training	2-3	Brandon/Katie
09:30-10:15	Group Cycle - Groove*	1-2	Kathy
10:00-10:50	Insanity LIVE!™	2-3	Caroline/Emma
10:15-11:30	Power Yoga	2-3	Delia
11:00-11:45	Total Body Workout	2-3	Caroline
17:00-17:30	Gym Core*	1-3	Dan/Cameron

SUNDAY 31ST DECEMBER - NEW YEAR'S EVE

09:00-09:30	Gym Core*	1-2	Cameron
09:00-10:15	Hatha Yoga*	1-2	Rebecca
09:30-10:20	Group Cycle - Endurance*	2-3	Harriet/Steph
09:30-10:25	Zumba	1-2	Natasha

10:30-11:00	Gym Core*	1-2	Cameron
10:30-11:30	Body Pump	2-3	Harriet

MONDAY 1ST JANUARY - NEW YEAR'S DAY - CLUB CLOSED

TUESDAY 2ND JANUARY

06:45-07:15	Functional Training	2-3	Brandon
09:20-09:50	Group Cycle - HIIT*	3	Brandon
09:45-10:30	Deep Water Aqua*	1-2	Dorata
09:45-11:00	Flow Vinyasa Yoga*	1-2	Rebecca
10:00-10:30	Gym Core*	1-2	Emma
10:00-11:00	Body Pump	2-3	Brandon
11:30-12:00	Functional Training	2-3	Brandon
14:00-14:45	Club Active	1-2	Poppy
18:30-19:30	Body Pump	2-3	Harriet
18:50-19:20	Group Cycle - HIIT	3	Rob
18:45-19:30	Aqua Mix	1-3	Zeb
19:00-19:30	Gym Core	1-2	Katie
19:30-20:00	Functional Training	2-3	Katie
20:00-20:30	Functional Training	2-3	Rob

WEDNESDAY 3RD JANUARY

06:35-07:20	Boxing Circuits*	2-3	Harriet
08:15-08:45	Functional Training	2-3	Chris
09:00-09:30	Functional Training	2-3	Chris
09:30-10:20	Group Cycle - Endurance*	2-3	Harriet
09:30-10:30	Barre Concept*	2-3	Rebecca H
09:30-10:20	Suspension Circuit	2-3	Caroline
09:45-10:30	Aqua Mix*	1-2	Mara
10:30-11:30	Fitness Pilates*	2-3	Caroline
10:45-12:00	Iyengar Yoga*	2-3	Sharon
12:30-13:15	Body Pump Express	1-2	Brandon
12:30-13:15	Intro to Pilates*	1-2	Chris
18:45-19:15	Functional Training	2-3	James
18:30-19:20	Konga	1-3	Lilly
19:30-20:20	Insanity LIVE!™	2-3	James
19:30-20:45	Power Yoga	2-3	Delia
20:00-20:30	Functional Training	2-3	Dan

THURSDAY 4TH JANUARY

06:35-07:20	Body Pump Express	2-3	Haley
06:35-07:20	Swim Fit*	1-2	Chris
06:45-07:15	Functional Training	2-3	Katie
09:15-10:00	Suspension Circuit	2-3	Haley

09:10-09:55	Barre Concept*	1-2	Vanessa
09:15-10:00	Group Cycle - Groove	1-2	Kathy
09:45-10:30	Deep Water Aqua*	1-3	Dorata
10:00-10:30	Gym Core*	1-3	Brandon
10:10-11:25	Iyengar Yoga*	2-3	Sharon
10:05-11:00	Total Body Workout	2-3	Haley
11:30-12:00	Functional Training	2-3	Brandon
12:15-13:00	Swim Fit*	1-3	Kathy
12:30-13:15	Suspension Circuit	2-3	James
18:15-19:00	HIIT Aqua	1-3	Caroline
18:45-19:15	Group Cycle - HIIT	3	Scott
18:30-19:15	Back Care	1-2	Rodney
19:20-20:20	Body Pump	2-3	Harriet
19:30-20:45	Iyengar Flow Yoga	1-2	Yolanda

FRIDAY 5TH JANUARY

06:40-07:10	Group Cycle - HIIT*	3	Haley
09:00-09:30	Functional Training	2-3	Harriet
09:30-10:20	Group Cycle - Endurance	2-3	Stefan
09:30-10:25	Barre Concept	1-2	Vanessa
09:30-10:30	Body Pump	2-3	Haley
10:35-11:30	Zumba	1-3	Paula
11:30-12:00	Functional Training	2-3	Scott
11:30-12:40	Gentle Flow Vinyasa Yoga*	1-2	Julia
11:35-12:20	Fitness Pilates	1-3	Haley
12:30-13:15	Insanity LIVE!™	2-3	Stefan
18:30-19:00	Gym Core	1-3	Ross

LEVELS

Level 1 Suitable for members looking for fun & enjoyable starter activities. Great classes if you are new, returning to exercise, have injuries or a GP referral.
Level 2 Suitable for those who have been attending group exercise classes regularly and want to maintain their fitness levels.
Level 3 High intensity, challenging classes for maximum results! A good level of fitness & mobility is required. Not suitable for those with any injuries.

*Subject to availability, these classes may be booked by junior members (14+).

CLASS ETIQUETTE & CANCELLATION POLICY

Please be on time for all classes. If you are more than 5 minutes late, you will not be able to attend the class. Due to high demand, and to allow us to operate waiting lists effectively, **a minimum 2 hours' cancellation notice is required.**

Happy New Year
from us all at Colets!

