

# STUDIO TIMETABLE

2019



  
**COLETS**  
HEALTH & FITNESS

## CLASS ETIQUETTE & CANCELLATION POLICY

- Book up to 7 days in advance online or via Reception.
- Please arrive 5 minutes before for all classes, and check-in at Reception. If you are late, you will not be able to participate. The warm-up and pre-exercise questions are essential to the class.
- Body Pump, Body Pump Express & all Group Cycle classes require ample time to set up your equipment before the class.
- A free induction must be completed prior to booking & attending any Suspension or Functional Training classes. You can book inductions at Reception or with a member of the Gym Team.
- Cancellations require a minimum of 2 hours notice. This allows us to offer the place to someone else. Cancellation charges or booking suspensions may apply for repeat late cancellations or 'no shows'.
- Please complete the cool down & stretches at the end of each class.
- Please wipe down and put away any equipment you have used.

Thank you for your understanding & co-operation.

**Caroline Taylor**

(Fitness & Wellbeing Manager)

## CLASS DESCRIPTIONS

**AQUA** A pool-based class to improve your fitness, burn fat and tone. Some classes will be deep water based.

**Mix** - With added variety to make you work harder with a range of equipment and more challenging exercises.

**HIIT** - Incorporates intensive exercises to challenge your heartbeat and improve fitness.

**BACK CARE** Strengthen your back and prevent injuries with a set of slow and controlled exercises. Please see Rodney in the gym prior to booking to ensure this class is suitable for you.

**BARRE CONCEPT** Incorporates precision moves with ballet technique. This low-impact, total body workout lifts the bum, tones thighs, flattens abs and sculpts arms whilst protecting joints, giving a longer, leaner look.

**BODY PUMP** The ultimate workout that challenges your major muscle groups using squats, presses, lifts and curls. Great music & fast results! Express classes are for 45 minutes.

**BOXERCISE** Based on boxing training concepts this is a fun challenging and safe workout suitable for all fitness level and ages. Each session includes shadow-boxing, skipping, punchbag work, press-ups, shuttle-runs and sit-ups.

**CIRCUITS** Improve fitness, strength & flexibility. Suitable for all levels.

**CLUB ACTIVE** This session offers a variety of classes and activities that are aimed at those new to exercise or looking for a more gentle class.

**CORE CONDITIONING** Classes held in Studio 1, aimed at strengthening and flatten abdominal and back muscles.

**FITNESS PILATES** Utilises all of the principles and includes many of the mat work exercises in traditional Pilates but offers modifications to provide a controlled body conditioning class. **NOT suitable for those with injuries.**

**FUNCTIONAL TRAINING** A high-intensity strength & conditioning class which will improve joint mobility & stability.

**GROUP CYCLE** The ultimate low-impact workout to burn fat fast & improve your fitness level. Group cycling in a variety of styles:  
**Coach by Colour:** Power-based, using your FTP and accurate zonal training to improve your experience and performance.

**HIIT:** High Intensity Interval Training - a short but tough class!

**GYM CORE** Short, intense classes held in the gym, to strengthen and flatten abdominal and back muscles.

**INSANITY LIVE!**™ A cardio class based on max. interval training that will push you past your limits. Athletic/plyometric drills mixed with intervals of strength, power, resistance and core training. You don't have to be in extreme shape as levels for each exercise are provided. Time to dig deep!

**KONGA** A wild mash-up of boxing with rock & disco music. Fun & funky!

**PILATES** Classes focus on developing core strength, flexibility, balance and stamina. Students learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core. Various equipment - bands, foam rollers, rings, light weights, and balls - is incorporated to enhance and intensify the workout - **PLEASE CHECK CLASS LEVELS BEFORE BOOKING**

**SIT & GET FIT** A chair-based fitness class that will use bands and weights to improve strength, flexibility, coordination and mobility.

**STRONG NOT SKINNY** A fun and effective conditioning class using free weights to tone and strengthen your body into the shape you have always wanted. Come and learn strong effective conditioning moves and notice a difference in how your body looks and feels.

**SUSPENSION CIRCUIT** As well as working on cardio fitness, you will use a system of straps, buckles and grips to work against your own body weight to build strength, balance, flexibility, endurance and core stability.

**SWIM FIT** Improve your swimming technique & stamina using swimming drills to work all muscle groups and increase your fitness levels.

**TOTAL BODY WORKOUT** A tough, low-impact workout, strengthening and conditioning the whole body, particularly those stubborn areas.

**YOGA** These classes have a unifying effect on mind, body and spirit, fostering health and harmony. We offer several types of yoga:

**DYNAMIC YOGA:** By combining breathing techniques with postures, the focus is on activating specific energy lines in the body to enhance physical and mental strength - excellent for energising and stress relief.

**GENTLE FLOW VINYASA:** A perfect class for beginners with traditional poses and relaxation.

**IYENGAR:** Emphasis on alignment and posture.

**IYENGAR FLOW:** Classical poses, with a focus on correct alignment.

**HATHA:** Achieve balance between body & mind through poses and breathing.

**POWER:** Strong precision moves in a warm room. Not suitable for beginners.

**YIN:** A relaxing yoga class which focuses on long-held, passive floor poses, typically 3-5 minutes, that mainly work parts of the lower body. Suitable for almost all abilities.

**ZUMBA** A dance-style class with Latin rhythms and easy-to-follow moves to create a fun & dynamic workout.

ST NICHOLAS ROAD | THAMES DITTON | SURREY | KT7 0PW  
INFO@COLETS.CO.UK • 020 8398 7108 • WWW.COLETS.CO.UK  


# MONDAY

|                |                     |     |
|----------------|---------------------|-----|
| 06:35<br>07:20 | SUSPENSION CIRCUIT* | 3   |
| 07:30<br>08:00 | FUNCTIONAL TRAINING | 2-3 |
| 08:00<br>09:00 | DYNAMIC YOGA        | 1-3 |
| 09:00<br>09:30 | GYM CORE            | 1-3 |
| 09:15<br>10:00 | KONGA*              | 1-3 |
| 09:30<br>10:15 | GROUP CYCLE*        | 1-2 |
| 09:45<br>10:30 | AQUA MIX*           | 1-2 |
| 10:05<br>11:00 | TOTAL BODY WORKOUT  | 2-3 |
| 10:30<br>11:30 | BARRE CONCEPT       | 1-2 |
| 11:30<br>12:00 | FUNCTIONAL TRAINING | 2-3 |
| 11:35<br>12:15 | BACK CARE           | 1-2 |
| 11:35<br>12:25 | COACH BY COLOUR     | 2-3 |
| 11:45<br>12:45 | PILATES             | 2-3 |
| 12:30<br>13:10 | CORE CONDITIONING*  | 1-2 |
| 13:15<br>13:45 | FUNCTIONAL TRAINING | 2-3 |
| 14:00<br>14:50 | SIT & GET FIT       | 1-2 |

|                |                          |     |
|----------------|--------------------------|-----|
| 17:30<br>18:15 | GROUP CYCLE*             | 1-3 |
| 18:15<br>19:10 | BARRE CONCEPT            | 1-2 |
| 18:30<br>19:00 | GYM CORE                 | 1-2 |
| 18:30<br>19:15 | SUSPENSION CIRCUIT       | 2-3 |
| 18:30<br>19:15 | AQUA MIX                 | 1-2 |
| 19:15<br>20:00 | GROUP CYCLE              | 1-3 |
| 19:15<br>20:10 | KONGA                    | 1-2 |
| 19:15<br>20:10 | PILATES                  | 1-2 |
| 20:00<br>20:45 | SWIM FIT                 | 1-3 |
| 20:15<br>21:10 | PILATES                  | 2-3 |
| 20:15<br>21:30 | GENTLE FLOW VINYASA YOGA | 1-2 |

# TUESDAY

|                |                     |     |
|----------------|---------------------|-----|
| 06:35<br>07:20 | FITNESS PILATES     | 1-3 |
| 09:05<br>10:00 | ZUMBA*              | 1-2 |
| 09:20<br>09:50 | GROUP CYCLE HIIT*   | 3   |
| 09:30<br>10:45 | FLOW VINYASA YOGA*  | 1-2 |
| 09:45<br>10:30 | AQUA DEEP WATER*    | 1-2 |
| 10:00<br>10:30 | GYM CORE*           | 1-2 |
| 10:05<br>11:05 | BODY PUMP           | 2-3 |
| 11:30<br>12:00 | FUNCTIONAL TRAINING | 2-3 |
| 11:35<br>12:35 | DYNAMIC YOGA        | 1-3 |
| 11:45<br>12:30 | GROUP CYCLE*        | 1-2 |

|                |                     |     |
|----------------|---------------------|-----|
| 12:35<br>13:20 | PILATES*            | 2-3 |
| 13:00<br>13:30 | FUNCTIONAL TRAINING | 2-3 |
| 14:00<br>14:45 | CLUB ACTIVE         | 1-2 |

|                |                     |     |
|----------------|---------------------|-----|
| 18:30<br>19:25 | BODY PUMP           | 2-3 |
| 18:45<br>19:30 | AQUA MIX            | 1-3 |
| 18:50<br>19:20 | GROUP CYCLE HIIT    | 1-3 |
| 19:30<br>20:00 | FUNCTIONAL TRAINING | 2-3 |
| 19:30<br>20:15 | BOXERCISE           | 1-3 |
| 19:30<br>20:30 | FITNESS PILATES     | 2-3 |
| 19:30<br>20:00 | GYM CORE            | 1-3 |

# WEDNESDAY

|                |                     |     |
|----------------|---------------------|-----|
| 06:35<br>07:20 | CIRCUITS*           | 1-3 |
| 08:15<br>08:45 | FUNCTIONAL TRAINING | 2-3 |
| 09:00<br>09:30 | FUNCTIONAL TRAINING | 2-3 |
| 09:30<br>10:20 | COACH BY COLOUR*    | 1-3 |
| 09:30<br>10:20 | SUSPENSION CIRCUITS | 2-3 |
| 09:30<br>10:30 | BARRE CONCEPT*      | 2-3 |
| 09:45<br>10:30 | AQUA MIX*           | 1-2 |
| 10:30<br>11:25 | PILATES*            | 2-3 |
| 11:30<br>12:25 | PILATES*            | 1-2 |
| 10:45<br>12:00 | IYENGAR YOGA*       | 2-3 |

|                |                     |     |
|----------------|---------------------|-----|
| 12:30<br>13:15 | BODY PUMP EXPRESS   | 1-2 |
| 12:30<br>13:15 | PILATES*            | 1-3 |
| 13:00<br>13:30 | FUNCTIONAL TRAINING | 2-3 |
| 13:30<br>14:45 | DYNAMIC YOGA        | 1-3 |

|                |                     |     |
|----------------|---------------------|-----|
| 17:30<br>18:15 | STRONG NOT SKINNY*  | 1-3 |
| 18:00<br>18:30 | FUNCTIONAL TRAINING | 2-3 |
| 18:30<br>19:20 | KONGA               | 1-3 |
| 18:30<br>19:25 | PILATES             | 2-3 |
| 18:45<br>19:15 | FUNCTIONAL TRAINING | 2-3 |
| 19:30<br>20:20 | INSANITY LIVE!™     | 2-3 |
| 19:30<br>20:45 | DYNAMIC YOGA        | 2-3 |

# THURSDAY

|                |                     |     |
|----------------|---------------------|-----|
| 06:35<br>07:20 | BODY PUMP EXPRESS   | 2-3 |
| 06:35<br>07:20 | SWIM FIT*           | 1-2 |
| 06:40<br>07:10 | FUNCTIONAL TRAINING | 2-3 |
| 09:10<br>09:55 | BARRE CONCEPT*      | 1-2 |
| 09:15<br>10:00 | SUSPENSION CIRCUIT  | 2-3 |
| 09:15<br>10:00 | GROUP CYCLE         | 1-2 |
| 09:45<br>10:30 | AQUA DEEP WATER*    | 1-3 |
| 10:00<br>10:30 | GYM CORE*           | 1-3 |
| 10:05<br>11:00 | TOTAL BODY WORKOUT  | 2-3 |
| 10:10<br>11:25 | IYENGAR YOGA*       | 2-3 |
| 11:30<br>12:00 | FUNCTIONAL TRAINING | 2-3 |
| 11:30<br>12:25 | PILATES             | 1-2 |
| 11:35<br>12:10 | AQUA HIIT           | 1-2 |
| 12:15<br>13:00 | SWIM FIT*           | 1-3 |
| 12:30<br>13:15 | BACK CARE           | 1-2 |
| 12:30<br>13:15 | SUSPENSION CIRCUITS | 2-3 |
| 14:00<br>15:00 | GENTLE YOGA         | 1-2 |

|                |                   |     |
|----------------|-------------------|-----|
| 18:30<br>19:00 | GYM CORE          | 1-2 |
| 18:30<br>19:10 | AQUA HIIT         | 1-3 |
| 18:30<br>19:15 | GROUP CYCLE       | 1-3 |
| 19:30<br>20:30 | BODY PUMP         | 2-3 |
| 19:30<br>20:45 | IYENGAR FLOW YOGA | 1-2 |

# FRIDAY

|                |                           |     |
|----------------|---------------------------|-----|
| 06:40<br>07:10 | GROUP CYCLE HIIT*         | 3   |
| 08:30<br>09:00 | FUNCTIONAL TRAINING       | 2-3 |
| 09:00<br>09:30 | FUNCTIONAL TRAINING       | 2-3 |
| 09:30<br>10:20 | GROUP CYCLE               | 2-3 |
| 09:30<br>10:25 | BARRE CONCEPT             | 1-2 |
| 09:30<br>10:30 | BODY PUMP                 | 2-3 |
| 10:30<br>11:30 | PILATES*                  | 2-3 |
| 10:35<br>11:30 | ZUMBA                     | 1-3 |
| 11:30<br>12:00 | FUNCTIONAL TRAINING       | 2-3 |
| 11:35<br>12:20 | FITNESS PILATES*          | 1-3 |
| 11:35<br>12:45 | GENTLE FLOW VINYASA YOGA* | 1-2 |
| 11:45<br>12:15 | HIIT COACH BY COLOUR      | 2-3 |
| 12:30<br>13:15 | BOXERCISE                 | 1-3 |
| 13:00<br>13:30 | FUNCTIONAL TRAINING       | 2-3 |
| 13:20<br>14:05 | POST-NATAL COURSE         | 1-2 |
| 18:30<br>19:00 | GYM CORE                  | 1-3 |
| 18:30<br>19:30 | YIN YOGA                  | 1-3 |

# SATURDAY

|                |                     |     |
|----------------|---------------------|-----|
| 08:50<br>09:20 | GYM CORE*           | 1-3 |
| 09:00<br>10:00 | PILATES*            | 2-3 |
| 09:10<br>09:55 | KONGA*              | 1-2 |
| 09:30<br>10:00 | FUNCTIONAL TRAINING | 2-3 |
| 09:30<br>10:15 | COACH BY COLOUR*    | 1-3 |
| 10:00<br>10:30 | FUNCTIONAL TRAINING | 2-3 |
| 10:05<br>10:55 | INSANITY LIVE!™     | 2-3 |
| 10:15<br>11:30 | DYNAMIC YOGA        | 2-3 |
| 11:00<br>11:45 | TOTAL BODY WORKOUT* | 2-3 |
| 17:00<br>17:30 | GYM CORE*           | 1-3 |

# SUNDAY

|                |                    |     |
|----------------|--------------------|-----|
| 09:00<br>09:30 | GYM CORE*          | 1-2 |
| 09:00<br>10:15 | HATHA YOGA*        | 1-2 |
| 09:30<br>10:20 | GROUP CYCLE*       | 2-3 |
| 10:30<br>11:00 | GYM CORE*          | 1-2 |
| 10:30<br>11:30 | BODY PUMP          | 2-3 |
| 10:45<br>11:45 | FLOW VINYASA YOGA* | 1-3 |
| 17:00<br>17:45 | CIRCUITS*          | 1-3 |
| 18:00<br>18:55 | MONTHLY WORKSHOPS  |     |

See studio notice board for details.

Ask Reception for the location of each class.  
\*Class may be booked by junior members (14+).

- Mind & Body
- High Intensity
- Dance
- Cycling
- Strength/Conditioning
- Pool
- Other



FOR THE LATEST TIMETABLE, VISIT OUR WEBSITE.  
FOR LAST-MINUTE CHANGES, FOLLOW US ON SOCIAL MEDIA.

## MONDAY

|             |                               |     |          |
|-------------|-------------------------------|-----|----------|
| 06:35-07:20 | SUSPENSION CIRCUIT*           | 3   | Rodney   |
| 07:30-08:00 | FUNCTIONAL TRAINING           | 2-3 | TEAM     |
| 08:00-09:00 | DYNAMIC YOGA                  | 1-3 | Delia    |
| 09:00-09:30 | GYM CORE                      | 1-3 | TEAM     |
| 09:15-10:00 | KONGA*                        | 1-3 | Lilly    |
| 09:30-10:15 | GROUP CYCLE*                  | 1-2 | Kathy    |
| 09:45-10:30 | AQUA - MIX*                   | 1-2 | Tracey   |
| 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 | TEAM     |
| 11:35-12:15 | BACK CARE                     | 1-2 | Rodney   |
| 11:35-12:25 | GROUP CYCLE - COACH BY COLOUR | 2-3 | Stefan   |
| 11:45-12:45 | PILATES                       | 2-3 | Vanessa  |
| 12:30-13:10 | CORE CONDITIONING*            | 1-2 | James    |
| 13:15-13:45 | FUNCTIONAL TRAINING           | 2-3 | James    |
| 14:00-14:50 | SIT & GET FIT                 | 1-2 | Lynne    |
| 17:30-18:15 | GROUP CYCLE*                  | 1-3 | Caroline |
| 18:15-19:10 | BARRE CONCEPT                 | 1-2 | Vanessa  |
| 18:30-19:00 | GYM CORE                      | 1-2 | Lynne    |
| 18:30-19:15 | SUSPENSION CIRCUIT            | 2-3 | James    |
| 18:30-19:15 | AQUA - MIX                    | 1-2 | Mara     |
| 19:15-20:00 | GROUP CYCLE                   | 1-3 | Jess     |
| 19:15-20:10 | KONGA                         | 1-2 | Lilly    |
| 20:00-20:45 | SWIM FIT                      | 1-3 | Chris    |
| 19:15-20:10 | PILATES                       | 1-2 | Jo       |
| 20:15-21:10 | PILATES                       | 2-3 | Jo       |
| 20:15-21:30 | GENTLE FLOW VINYASA YOGA      | 1-2 | Julia    |

## TUESDAY

|             |                     |     |          |
|-------------|---------------------|-----|----------|
| 06:35-07:20 | FITNESS PILATES     | 1-3 | Lynne    |
| 09:05-10:00 | ZUMBA*              | 1-2 | Andrea   |
| 09:20-09:50 | GROUP CYCLE - HIIT* | 3   | TEAM     |
| 09:30-10:45 | FLOW VINYASA YOGA*  | 1-2 | Rebecca  |
| 09:45-10:30 | AQUA - DEEP WATER*  | 1-2 | Dorota   |
| 10:00-10:30 | GYM CORE*           | 1-2 | TEAM     |
| 10:05-11:05 | BODY PUMP           | 2-3 | Katie    |
| 11:30-12:00 | FUNCTIONAL TRAINING | 2-3 | TEAM     |
| 11:35-12:35 | DYNAMIC YOGA        | 1-3 | Sarah    |
| 11:45-12:30 | GROUP CYCLE*        | 1-2 | Caroline |
| 12:35-13:20 | PILATES*            | 2-3 | Caroline |
| 13:00-13:30 | FUNCTIONAL TRAINING | 2-3 | TEAM     |
| 14:00-14:45 | CLUB ACTIVE         | 1-2 | Poppy    |
| 18:30-19:25 | BODY PUMP           | 2-3 | Lisa     |
| 18:45-19:30 | AQUA - MIX          | 1-3 | Tracey   |
| 18:50-19:20 | GROUP CYCLE - HIIT  | 1-3 | TEAM     |
| 19:30-20:00 | FUNCTIONAL TRAINING | 2-3 | Katie    |
| 19:30-20:15 | BOXERCISE           | 1-3 | Lisa     |
| 19:30-20:30 | FITNESS PILATES     | 2-3 | Stefan   |
| 19:30-20:00 | GYM CORE            | 1-3 | TEAM     |

## WEDNESDAY

|             |                                |     |           |
|-------------|--------------------------------|-----|-----------|
| 06:35-07:20 | CIRCUITS*                      | 1-3 | TEAM      |
| 08:15-08:45 | FUNCTIONAL TRAINING            | 2-3 | Chris     |
| 09:00-09:30 | FUNCTIONAL TRAINING            | 2-3 | Chris     |
| 09:30-10:20 | GROUP CYCLE - COACH BY COLOUR* | 1-3 | Jess      |
| 09:30-10:20 | SUSPENSION CIRCUITS            | 2-3 | Caroline  |
| 09:30-10:30 | BARRE CONCEPT*                 | 2-3 | Rebecca H |
| 09:45-10:30 | AQUA MIX*                      | 1-2 | Tracey    |
| 10:30-11:25 | PILATES*                       | 2-3 | Caroline  |
| 11:30-12:25 | PILATES*                       | 1-2 | Caroline  |
| 10:45-12:00 | IYENGAR YOGA*                  | 2-3 | Sharon    |
| 12:30-13:15 | BODY PUMP EXPRESS              | 1-2 | Katie     |
| 12:30-13:15 | PILATES*                       | 1-3 | Chris     |
| 13:00-13:30 | FUNCTIONAL TRAINING            | 2-3 | TEAM      |
| 13:30-14:45 | DYNAMIC YOGA                   | 1-3 | Hala      |
| 17:30-18:15 | STRONG NOT SKINNY*             | 1-3 | Lilly     |
| 18:00-18:30 | FUNCTIONAL TRAINING            | 2-3 | TEAM      |
| 18:30-19:20 | KONGA                          | 1-3 | Lilly     |
| 18:30-19:25 | PILATES                        | 2-3 | Caroline  |
| 18:45-19:15 | FUNCTIONAL TRAINING            | 2-3 | James     |
| 19:30-20:20 | INSANITY LIVE!™                | 2-3 | James     |
| 19:30-20:45 | DYNAMIC YOGA                   | 2-3 | Delia     |

## THURSDAY

|             |                     |     |         |
|-------------|---------------------|-----|---------|
| 06:35-07:20 | BODY PUMP EXPRESS   | 2-3 | Haley   |
| 06:35-07:20 | SWIM FIT*           | 1-2 | Chris   |
| 06:40-07:10 | FUNCTIONAL TRAINING | 2-3 | Katie   |
| 09:10-09:55 | BARRE CONCEPT*      | 1-2 | Vanessa |
| 09:15-10:00 | SUSPENSION CIRCUIT  | 2-3 | Haley   |
| 09:15-10:00 | GROUP CYCLE         | 1-2 | Kathy   |
| 09:45-10:30 | AQUA - DEEP WATER*  | 1-3 | Dorota  |
| 10:00-10:30 | GYM CORE*           | 1-3 | TEAM    |
| 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 | TEAM    |
| 11:30-12:25 | PILATES             | 1-2 | Vanessa |
| 11:35-12:10 | AQUA - HIIT         | 1-2 | Haley   |
| 12:15-13:00 | SWIM FIT*           | 1-3 | Kathy   |
| 12:30-13:15 | BACK CARE           | 1-2 | Rodney  |
| 12:30-13:15 | SUSPENSION CIRCUITS | 2-3 | James   |
| 14:00-15:00 | GENTLE YOGA         | 1-2 | Terri   |
| 18:30-19:00 | GYM CORE            | 1-2 | Ross    |
| 18:30-19:10 | AQUA - HIIT         | 1-3 | Arthur  |
| 18:30-19:15 | GROUP CYCLE         | 1-3 | Mike    |
| 19:30-20:30 | BODY PUMP           | 2-3 | Mike    |
| 19:30-20:45 | IYENGAR FLOW YOGA   | 1-2 | Yolanda |

## FRIDAY

|             |                                    |     |         |
|-------------|------------------------------------|-----|---------|
| 06:40-07:10 | GROUP CYCLE - HIIT*                | 3   | TEAM    |
| 08:30-09:00 | FUNCTIONAL TRAINING                | 2-3 | TEAM    |
| 09:00-09:30 | FUNCTIONAL TRAINING                | 2-3 | TEAM    |
| 09:30-10:20 | GROUP CYCLE                        | 2-3 | Stefan  |
| 09:30-10:25 | BARRE CONCEPT                      | 1-2 | Vanessa |
| 09:30-10:30 | BODY PUMP                          | 2-3 | Haley   |
| 10:30-11:30 | PILATES*                           | 2-3 | Vanessa |
| 10:35-11:30 | ZUMBA                              | 1-3 | Andrea  |
| 11:30-12:00 | FUNCTIONAL TRAINING                | 2-3 | Dan     |
| 11:35-12:20 | FITNESS PILATES*                   | 1-3 | Haley   |
| 11:35-12:45 | GENTLE FLOW VINYASA YOGA*          | 1-2 | Julia   |
| 11:45-12:15 | GROUP CYCLE - HIIT COACH BY COLOUR | 2-3 | Stefan  |
| 12:30-13:15 | BOXERCISE                          | 1-3 | Lisa    |
| 13:00-13:30 | FUNCTIONAL TRAINING                | 2-3 | TEAM    |
| 13:20-14:05 | POST-NATAL COURSE                  | 1-2 | Haley   |
| 18:30-19:00 | GYM CORE                           | 1-3 | Ross    |
| 18:30-19:30 | YIN YOGA                           | 1-3 | Sarah   |

## SATURDAY

|             |                                |     |            |
|-------------|--------------------------------|-----|------------|
| 08:50-09:20 | GYM CORE*                      | 1-3 | TEAM       |
| 09:00-10:00 | PILATES*                       | 2-3 | Caroline   |
| 09:10-09:55 | KONGA*                         | 1-2 | Lilly      |
| 09:30-10:00 | FUNCTIONAL TRAINING            | 2-3 | Dan/Katie  |
| 09:30-10:15 | GROUP CYCLE - COACH BY COLOUR* | 1-3 | Kathy      |
| 10:00-10:30 | FUNCTIONAL TRAINING            | 2-3 | Dan/Katie  |
| 10:05-10:55 | INSANITY LIVE!™                | 2-3 | Alice/Emma |
| 10:15-11:30 | DYNAMIC YOGA                   | 2-3 | Delia      |
| 11:00-11:45 | TOTAL BODY WORKOUT*            | 2-3 | Caroline   |
| 17:00-17:30 | GYM CORE*                      | 1-3 | Cameron    |

## SUNDAY

|             |                    |                                     |         |
|-------------|--------------------|-------------------------------------|---------|
| 09:00-09:30 | GYM CORE*          | 1-2                                 | Cameron |
| 09:00-10:15 | HATHA YOGA*        | 1-2                                 | Rebecca |
| 09:30-10:20 | GROUP CYCLE*       | 2-3                                 | Steph   |
| 10:30-11:00 | GYM CORE*          | 1-2                                 | Cameron |
| 10:30-11:30 | BODY PUMP          | 2-3                                 | Steph   |
| 10:45-11:45 | FLOW VINYASA YOGA* | 1-3                                 | Terri   |
| 17:00-17:45 | CIRCUITS*          | 1-3                                 | Rob/Tom |
| 18:00-18:55 | MONTHLY WORKSHOPS  | See studio notice board for details |         |



FOR THE LATEST TIMETABLE, VISIT OUR WEBSITE.  
FOR LAST-MINUTE CHANGES, FOLLOW US ON SOCIAL MEDIA.

- LEVEL 1 Suitable as fun & enjoyable starter activities. Great classes if you are new or returning to exercise.
- LEVEL 2 Suitable for those attending group exercise classes regularly and wanting to maintain their fitness.
- LEVEL 3 Intense, challenging classes! A high level of fitness & mobility is required. Not suitable for those with injuries.