

Class Timetable

MONDAY	Time:	10:00-10:45 Debra	11:00-11:45 Debra	12:00-12:30 Debra	13:00-14:00 Lynn	14:05-15:05 Lynn	18:00-18:45 BW Fitness	19:00-20:00 Julie
	Class:	Step	Pump FX	Aqua (Poolside)	Hatha Yoga	Mat Based Pilates	Pump	Mat Based Pilates

TUESDAY	Time:	10:25-11:25 Alex	11:00-12:30 Shola	18:00-18:45 BW Fitness	19:30-20:30 Shola
	Class:	Pilates	Hatha Yoga	Circuits	Hatha Yoga

WEDNESDAY	Time:	10:05-10:50 Debra	11:00-11:45 Debra	12:00-12:30 Debra	13:00-14:00 Shola	18:00-18:45 BW Fitness	19:00-20:00 Shola
	Class:	Aerobics	Body Toning	Aqua (Poolside)	Hatha Yoga	Pump	Hatha Yoga

THURSDAY	Time:	10:00-10:45 Debra	11:00-11:45 Debra	12:00-12:30 Debra	13:00-14:00 Alex	18:00-19:00 BW Fitness	19:30-20:30 Julie
	Class:	Body Sculpt	Body Toning	Aqua (poolside)	Pilates	Box Circuit	Mat Based Pilates

FRIDAY	Time:	08:00-09:00 Shola	09:15-10:00 Debra	10:15-11:00 Debra	11:30-12:30 Alex	12:30-14:00 Shola
	Class:	Hatha Yoga	Step	Pump FX	Mat Based Pilates	Hatha Yoga

SATURDAY	Time:	09:00-10:00 Shola	10:15-11:00 Julie	12:00-12:45 Gill
	Class:	Hatha Yoga	Body Blast	Holistic Mix

Step	Is a fun classic cardio workout with choreographed routines to boost heartrate and breathing. Good for strengthening muscles in the legs and improving your co-ordination
Pump/Pump FX	Is a full body progressive workout using a barbell, dumbbells and weighted plates. It uses the traditional resistance training exercises like squats, lunges, presses and rows.
Aqua	Is a fun resistance training full body workout to music in water. It's designed to tone problem areas, improve stamina, burn body fat and improve flexibility.
Hatha Yoga	This class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement
Body Blast	This is great class for anyone who wants to improve their fitness levels and tone up problem areas at the same time. Thighs, stomach, arms and bums are all targeted with this aerobic exercise routine.
Circuits	Circuit training is a combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time.

Pilates	A strengthening and lengthening form of exercise that focuses on your core (trunk) muscles while also training your arms and legs
Box Circuit	Box Circuits is an exercise class based on the training concepts boxers use to keep fit. Classes can take a variety of formats but a typical one may involve shadow-boxing, skipping, hitting pads, kicking punchbags, press-ups, shuttle-runs and sit-ups.
Aerobics	A cardiovascular conditioning workout to music, having fun with choreographed routines. Your choice of doing the high or low impact version. Ending the workout with a short abdominal section
Body Toning	This is great class for anyone who wants to improve their fitness levels and tone up problem areas at the same time. Thighs, stomach, arms and bums are all targeted with this aerobic exercise routine.
Body Sculpt	This is great class for anyone who wants to improve their fitness levels and tone up problem areas at the same time. Thighs, stomach, arms and bums are all targeted with this aerobic exercise routine.