



# SPRING CLASS TIMETABLE

<b>MONDAY</b>	
7.00am – 8.00am	MONDAY MORNING MIX
10.15am – 11.00am	CARDIO CORE
6.00pm – 6.30pm	SPIN
6.30pm – 7.15pm	BODY CONDITIONING
<b>TUESDAY</b>	
10.15 – 11.00am	FULL BODY BLAST
6.00pm – 7.00pm	BOX FIT
8.45pm – 9.45pm	**YOGA**
<b>WEDNESDAY</b>	
5.00pm – 6.00pm	PILATES
6.00pm – 7.00pm	30:30
<b>THURSDAY</b>	
10.15am – 11.00am	BODY CONDITIONING
12.15pm – 1.15pm	**YOGA**
5.00pm – 6.00pm	YOGA
6.00pm – 6.30pm	SPIN
6.30pm – 7.15pm	BOAT CLUB PUMP
<b>FRIDAY</b>	
7.00am – 8.00am	FRIDAY MORNING CIRCUITS
10.15am – 11.00am	BELINDAS LBT
6.00pm – 7.00pm	CIRCUITS
<b>SATURDAY</b>	
9.30am – 10.00am	CARDIO BLAST
10.00am – 10.45am	SWISSBALL
<b>SUNDAY</b>	
9.15am	*CYCLING CLUB*

**\*\*5 SPACES FOR MEMBERS\*\***

**\*CYCLING CLUB WILL RUN 2 SUNDAYS A MONTH OVER THE SUMMER AND VARY IN DISTANCE WITH EACH RIDE\***

**ALL CLASSES FREE TO MEMBERS AND MUST BE PRE-BOOKED USING OUR FITNESS CLASS BOOKING APP - GYMSYNC**



