

MONDAY

	TIME	CLASS	MINUTES
C	06:30	Group Cycle	55
H	07:30	Yoga	45
E	08:30	Spin	45
H	08:30	Yoga	45
C	09:00	Abs Blast	20
H	09:30	Pilates	45
C	09:30	Bootcamp	45
E	09:40	Spin	45
C	10:00	Aqua	45
H	10:30	Seated Mobility	45
H	10:30	Zumba	45
E	11:10	Group Cycle	55
H	11:30	Intermediate Pilates	45
C	11:45	Body Conditioning	45
C	12:40	JRox	45
C	12:45	Aqua	45
C	13:00	Learn to Lift	25
D	13:30	Line Dancing	60
C	15:00	Learn to Lift	25
C	17:40	Step	30
H	18:00	Yin Yoga	60
C	18:30	JRox	45
H	19:20	Fitness Pilates	45
C	19:30	Xtreme Conditioning	30
C	20:10	Aqua	40
H	20:10	Yoga Stretch	60

TUESDAY

	TIME	CLASS	MINUTES
E	06:30	Spin	45
H	07:00	Yoga	60
C	09:10	Abs Blast	20
C	09:30	Aqua	45
C	10:00	Body Conditioning	60
H	10:00	Stretch and Relax	60
H	11:10	Fitness Pilates	45
C	11:15	Bootcamp	30
H	12:10	Stretch and Relax	55
C	13:00	Aqua	45
H	13:15	Qi Gong	45
H	14:00	Yoga	55
C	15:00	Learn to Lift – Women Only	25
E	17:45	Body Attack	45
E	18:00	Spin	45
H	18:00	Hot Yoga	60
C	18:45	Body Pump	45
H	19:00	Beginners Yoga	60
C	20:00	Aqua	45
H	20:15	Body Balance	60

WEDNESDAY

	TIME	CLASS	MINUTES
E	08:30	Spin	45
C	09:05	Abs Blast	20
H	09:30	Yogalates	45
C	09:30	Aqua	45
E	09:40	Spin	45
D	09:40	Zumba	45
H	10:00	Seated Movement	60
C	10:30	Body Conditioning	45
H	11:20	Fitness Pilates	45
H	12:10	Tai Chi	50
C	12:40	Padel Fit	60
H	13:00	Yoga	60
E	13:30	Line Dancing	60
H	14:05	Mindfulness and Meditation	50
C	15:00	Learn to Lift	25
C	17:30	Body Conditioning	45
H	18:00	Vinyasa Flow	60
E	18:15	Spin	45
D	18:20	Zumba	45
H	19:00	Restorative Yoga	60
C	19:15	Aqua	45
C	19:15	Box Fit	45

THURSDAY

	TIME	CLASS	MINUTES
E	06:30	Spin	45
H	06:45	Sun Power Yoga	55
H	08:30	Yoga	45
E	09:30	Body Attack	50
H	09:30	Yoga	45
D	10:30	Zumba	45
H	11:30	Body Balance	55
H	12:45	Yoga	90
C	12:45	Aqua Zumba	45
C	15:00	Learn to Lift	25
C	17:40	Body Combat	45
H	18:00	Yoga	60
E	18:00	RPM	45
C	18:45	Body Pump	45
H	19:15	Yin and Stretch	60

H	HOLISTIC
D	DANCE BASED
C	CONDITIONING
E	HIGH ENERGY

HOLISTIC CLASSES ARE HELD IN
THE MIND AND BODY STUDIO

FRIDAY

	TIME	CLASS	MINUTES
E	06:30	JRox	45
H	08:45	Pilates	45
C	09:00	Abs Blast	20
E	09:30	RPM	45
H	09:40	Sun Power Yoga	45
D	10:30	Zumba	45
H	11:00	Vinyasa Flow	60
C	11:15	Body Pump	45
H	12:30	Qi Gong	60
C	13:00	Aqua	45
H	13:45	Beginners Yoga	60
C	14:30	Learn to Lift	25
H	15:00	Yoga	60
C	17:00	Learn to Lift – Women Only	25
E	17:30	Body Attack	45
E	17:30	Spin	45
H	18:00	Hot Yoga	60
H	19:15	Hot Yoga Stretch	55
H	20:15	Mindfulness and Meditation	60

SATURDAY

	TIME	CLASS	MINUTES
H	08:45	Beginners Yoga	60
Kids	09:00	Jr Padel	45
D	09:00	Zumba	45
E	09:40	RPM	45
Kids	10:00	Mini Movers	60
E	10:00	Rebound	45
C	15:00	Learn to Lift	25
C	16:00	Aqua	45

SUNDAY

	TIME	CLASS	MINUTES
H	08:45	Pilates	60
H	10:00	Mindful Movement	60
C	10:45	Body Pump	60
C	13:00	Afternoon Abs	20
C	15:00	Learn to Lift	25

Virtual Spin available by request, speak to a member of the team and they will be happy to set up the class for you (available weekdays from 06.30 and weekends from 07.30.)*

Additional costs apply and booking required for Aqua Babies and Swim School.
Swim School runs during the holidays except for two weeks at Christmas.

Sauna, Steam Room, Salt Room and Hot Tub are for use by members 17+ only

POOL TIMETABLE

MONDAY	
06:00 - 09:00	Adults Only
9:00 - 10:00	General Swim
10:00 - 10:45	Aqua
10:45 - 12:45	Adults Only
12:45 - 13:30	Aqua
13:30 - 19:00	General Swim
19:00 - 20:10	Adults Only
20:10 - 20:50	Aqua
20:50 - 22:00	Adults Only
TUESDAY	
06:00 - 09:00	Adults Only
09:00 - 09:30	General Swim
09:30 - 10:15	Aqua
10:15 - 11:00	General Swim
11:00 - 12:00	Aqua Babies
12:00 - 13:00	Adults Only
13:00 - 13:45	Aqua
13:45 - 15:00	General Swim
15:00 - 19:00	Swim School*
19:00 - 20:00	Adults Only
20:00 - 20:45	Aqua
20:45 - 22:00	Adults Only
WEDNESDAY	
06:00 - 09:00	Adults Only
09:00 - 09:30	General Swim
09:30 - 10:15	Aqua
10:15 - 11:30	General Swim
11:30 - 14:00	Adults Only
14:00 - 19:15	General Swim
19:15 - 20:00	Aqua
20:00 - 22:00	Adults Only

	SWIM SCHOOL
	AQUA

THURSDAY	
06:00 - 09:00	Adults Only
09:00 - 11:30	General Swim
11:30 - 12:45	Adults Only
12:45 - 13:30	Aqua Zumba
13:30 - 15:00	General Swim
15:00 - 19:00	Swim School*
19:00 - 22:00	Adults Only
FRIDAY	
06:00 - 09:00	Adults Only
09:00 - 11:30	General Swim
11:30 - 13:00	Adults Only
13:00 - 13:45	Aqua
13:45 - 19:00	General Swim
19:00 - 22:00	Adults Only
SATURDAY	
7:00 - 9:30	Adults Only
9:30 - 12:00	Splash Time
12:00 - 16:00	General Swim
16:00 - 16:45	Aqua
16:45 - 18:00	General Swim
18:00 - 20:00	Adults Only
SUNDAY	
7:00 - 9:00	Adults Only
8:00 - 12:00	Swim School*
9:30 - 16:00	General Swim
16:00 - 17:00	Adults Only
17:00 - 18:00	General Swim
18:00 - 20:00	Adults Only

	ADULTS ONLY 17+
	GENERAL SWIM