CLASS TIMETABLE
STUDIO 1

MON	TUE	WED	THU	FRI	SAT	SUN
	06:30-07:30 **Les Mills Body Pump** Virtual Class					
08:00-09:00 **Body Balance** Virtual Class		08:00-09:00 **Bodypump Heavy** Jo Murray		08:00-09:00 **Bodypump Heavy** Jo Murray	08:15-09:00 **GRIT Athletic** Virtual Class	08:30-09:00 **Body Balance Flexibility** Virtual Class
09:15-10:00 **Zumba** Zoe Desmond	09:20-10:20 **Body Balance** Virtual Class	09:15-10:15 **Body Pump** Susan Hurd	09:15-10:15 **Shredd** Sizzle Summerell	09:15-10:15 **Bodypump Heavy** Jo Murray	09:15-10:15 **Body Pump** Gemma Langley	09:45-10:45 **Circuits** Gym Team
10:15-11:15 **Body Pump** Georgie Johnson	10:30-11:30 **Zumba** Zoe Desmond	10:30-11:30 **Tai Chi** Intermediate Neil Genge	10:30-11:30 **Zumba** Georgie Garcia	10:45-11:45 **Total Body Conditioning** Carol Hartley	10:20-11:20 **Body Attack** Gemma Langley	
11:30-12:30 **Tai Chi** Beginners Neil Genge		11:30-12:30 **Tai Chi** Intermediate Neil Genge		12:00-13:00 **Fitsteps** Carol Hartley		
(GYM) 12:30-13:15 **Skill Zone** Gym Team	(GYM) 12:30-13:15 **Skill Zone** Gym Team		(GYM) 12:30-13:15 **Skill Zone** Gym Team			
			13:30-14:30 **Yoga** Georgie Garcia			13:00-13:45 **Born To Move** (8-12 Years) Virtual Class
		16:00-16:30 **Born to Move (13-16 Years)** Virtual Class	16:00-16:30 **Born to Move (13-16 Years)** Virtual Class	16:15-16:45 **Les Mills Core** Virtual Class		
17:15-18:00 **Kettlebells** Jo Murray	17:00-17:45 **Les Mills Dance** Virtual Class	17:00-17:45 **Les Mills Dance** Virtual Class	17:00-17:45 **SH'BAM** Virtual Class			
18:05-18:55 **Kettlebells** Jo Murray	18:00-19:00 **Bodypump Heavy** Jo Murray	18:00-18:45 **Body Combat** Charlie Lonsdale	18:00-19:00 **Muscle & Movement** Kate Prys-Roberts			
19:00-20:00 **Body Combat** Suzie Cahill		19:00-20:00 **Body Pump** Charlie Lonsdale		19:10-19:40 **Body Balance Strength** Virtual Class		

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Please bring a water bottle. Wipe any equipment before and after use as per signage and directed by your class instructor. To book your class please access the timetable by the mywellness app.