

## THURSDAY 2nd JUNE

### HEALTH & FITNESS STUDIO

09.15-10.00	LBT	Tracy C
10.30-11.30	BodyPump	Brad
11.45-12.45	LatinoAerobics	Marica
17.30-18.00	GRIT	Holly

### SPIN STUDIO

09.30-10.15	Cardio Core	Ultimate
18.15-18.45	Spin	Holly

### MIND & BODY STUDIO

09.15-10.15	Tai Chi	Tom
10.30-11.30	Pilates	Victoria
11.45-12.45	Yoga	Lucy
18.00-19.00	Pilates	Marica

### SWIMMING POOL

10.30-11.15	Aqua	Tracy A
18.30-19.15	Aqua	Gilly

## FRIDAY 3rd JUNE

### HEALTH & FITNESS STUDIO

08:10-08.40	GRIT	Brad
09.15-10.15	LBT	Denise
10.30-11.30	Boxercise	Jodee
18.30-19.30	Power Hour	Simon

### SPIN STUDIO

18.30-19.00	RPM	Tom
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### MIND & BODY STUDIO

8:10- 9.10	Flow Yoga	Emily
10.15-11.15	Olit	Marica
11.30-12.30	Pilates	Marica

### SWIMMING POOL

10.30-11.15	Aqua	Tracy A
14.00-14.45	Aqua	Denise

### #BASE

17.30-18.15	Lift	Ultimate
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## SATURDAY 4th JUNE

### HEALTH & FITNESS STUDIO

08.10-08.55	Battle	Ultimate
9.15-10.00	Circuits	Tracy A
11.30-12.30	BodyPump	Simon

### SPIN STUDIO

08.30-09.00	Spin	Tracy A
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### SWIMMING POOL

09.30-10.15	Aqua Zumba	Sabina
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### #BASE

10.10-10.55	Lift	Ultimate
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## SUNDAY 5th JUNE

### HEALTH & FITNESS STUDIO

08.10-08.55	Reshape	Ultimate
09.30-10.30	LBT	Toni
10.45-11.45	Family Clubbercise	Toni

### SPIN STUDIO

09.00-09.45	Ride	Simon
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### MIND & BODY STUDIO

10.30-11.30	Yoga	Jen
11.45-12.45	Yoga	Jen

**BOOK YOUR CLASS**

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