



ADULT TIMETABLE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
06.45-07.15	Stretch & Tone (Gym Floor)	6.45-7.15	Circuits (Gym Floor)	9.30-10.00	Synergy Express (Gym Floor)	6.45-7.30	Synergy Express (Gym Floor)	6.45-7.30	Circuits (Gym Floor)	7.00-7.45	Synergy Express (Gym Floor)	9.30-10.00	HIIT (Gym Floor)
07.30-08.00	Synergy Express (Gym Floor)	7.30-8.00	Synergy Express (Gym floor)	10.15-11.00	Leg Tabata (Gym Floor)	9.30-10.15	Circuits (Gym Floor)	9.15-10.00	Box Fit (Studio 1)	8.30 - 9.00	Circuits (Gym Floor)	9.30-10.30	Synergy Express (Gym Floor)
10.00-10.45	Aqua (Swimming Pool)	9.45-10.45	Yoga (Studio 2)	10.30-11.30	Pilates (Studio 2)	10.30-11.15	Box Fit (Studio 1)	9.30-10.15	Spin (Spin Studio)	9.00 - 9.30	Fab Abs (Gym Floor)	10.30-11.00	Fab Abs (Gym Floor)
10.00-11.00	Zumba (Studio 2)	10.00-10.30	Synergy Express (Gym Floor)	12.30-13.00	Circuits (Gym Floor)	11.00-12.00	Pilates (Studio 2)	10.20-11.20	Stretch & Tone (Studio 1)	8.30 - 9.15	Spin (Spin Studio)	10.30-11.30	Pilates (Studio 1)
11.00-12.00	Pilates (Studio 2)	11.00-11.30	HIIT (Gym Floor)	16.40-17.10	Core 360 (Gym Floor)	12.15-13.00	Aqua (Swimming Pool)	10.15-11.00	Synergy Express (Gym Floor)	9.15 - 10.00	Aqua (Swimming Pool)	11.00-11.30	Circuits (Gym Floor)
12.00-12.45	Synergy Express (Gym Floor)	11.00-11.45	Aqua (Swimming Pool)	17.15-17.45	HIIT (Gym Floor)	16.30-17.00	Synergy Express (Gym Floor)	11.30-12.15	Aqua (Swimming Pool)	9.30 - 10.30	Yoga flow (Studio 1)	11.30-12.15	Spin (Spin Studio)
16.40-17.10	Core 360 (Gym Floor)	12.30-13.00	Circuits (Gym Floor)	18.00-18.45	Box Fit (Studio 1)	17.15-17.45	HIIT (Gym Floor)	13.00-13.30	Circuits (Gym Floor)	10.00 - 10.30	Synergy Express (Gym Floor)	12.00-12.30	Synergy Express (Gym Floor)
17.15-17.45	HIIT (Gym Floor)	17.00-17.45	Spin (Spin Studio)	18.00-19.00	Zumba (Studio 2)	18.00-19.00	Bar Complex (Studio 2)	16.30-17.15	Synergy Express (Gym Floor)	10.30-11.15	Stepercise (Studio 1)	12.30-13.00	Aqua (Swimming Pool)
18.00-18.30	Synergy Express (Gym Floor)	18.00-18.30	Leg Tabata (Studio 2)	18.45 - 19.30	Stepercise (Studio 1)	18.00-18.45	Spin (Spin Studio)	17.30-18.00	HIIT (Gym Floor)	11.00-11.45	HIIT (Gym Floor)	12.30-13.00	HIIT (Gym Floor)
18.00-19.00	Self Defence (Studio 2)	18.00-18.30	Fab Abs (Gym Floor)	19.30 - 20.30	Yoga (Studio 2)	18.15-19.15	Yoga (Studio 1)	18.00-19.00	Bar Complex (Studio 2)	11.45-12.30	Stretch and Tone (Gym Floor)	13.30-14.00	Stretch & Tone (Studio 2)
18.15-19.00	Kettleworks (Studio 1)	18.30-19.15	Synergy Express (Gym Floor)			19.30-20.00	HIIT (Gym Floor)	19.00-20.00	Stepercise (Studio 1)	12.00-12.30	Synergy Express (Gym Floor)	14.30-15.00	Synergy Express (Gym Floor)
18.30-19.15	Spin (Spin Studio)	18.30-19.15	Spin (Spin Studio)							14.00-14.30	Aqua (Swimming Pool)		
19.30-20.30	Yoga (Studio 1)	19.30-20.30	Stepercise (Studio 1)							14.00-14.30	Synergy Express (Gym Floor)		