

ADULT'S CLASS TIMETABLE - FROM SEPTEMBER 2025

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			WEEKENDS		
TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
DANCE STUDIO			DANCE STUDIO			DANCE STUDIO			DANCE STUDIO			DANCE STUDIO			DANCE STUDIO - SUNDAY		
09:15-10:15	Pilates	Claire	06:30-07:30	Legs Bums & Tums	Brittany	08:00-09:00	Hatha Yoga	Alec	09:15-10:00	Step	Coach Roach	08:00-09:00	Hatha Yoga	Alec	10:30-11:30	Mindful Meditation/Pilates	Anna-Claire/Trisha
10:15-11:00	Total Body Workout	Claire	09:15-10:15	Pilates	Coach Roach	09:15-10:15	Barre & Tone	Julie	10:00-11:00	Hatha Yoga	Alec	09:15-10:00	Total Body Workout	Claire	12:30-13:30	Dance Class	Bethany
11:15-12:00	Zumba Gold	Claire	10:15-11:45	Fitness Yoga	Julie	10:30-11:30	Yoga/Pilates	Trisha	11:15-12:00	Barre	Coach Roach	10:15-11:15	Pilates	Claire			
12:15-13:15	Pilates	Claire	12:15-13:00	Functional Fitness	Ady	11:30-12:15	Aerobics	Coach Roach	12:15-13:00	Functional Lifestyle Fitness	Ady	11:15-12:00	Zumba Gold	Claire			
17:00-18:00	Legs Bums & Tums	Coach Roach	17:15-18:15	Yoga	Sena	12:30-13:30	Chair Yoga	Sena	17:15-18:15	Pilates	Coach Roach	12:15-13:15	Pilates	Claire			
18:15-19:00	Kettlebells	Coach Roach	18:30-19:30	Zumba	Andrea	17:15-18:15	Yoga	Sena	18:15-19:00	Total Body Workout	Coach Roach	17:15-18:15	Legs Bums & Tums	Brittany			
19:15-20:15	Yoga	Sena				18:30-19:30	Zumba	Andrea	19:00-19:45	Kettlebells	Coach Roach	18:15-19:15	Latino Aerobics	Marica			
												19:15-20:15	OLIT	Marica			
BADMINTON HALL			BADMINTON HALL			BADMINTON HALL			BADMINTON HALL			BADMINTON HALL			BADMINTON HALL - SATURDAY		
06:30-07:30	Circuits	Gym Team	10:15-11:15	Circuits	Gym Team	06:15-07:00	Inferno	Alex S	10:15-11:15	Circuits	Gym Team	10:15-11:15	Circuits	Gym Team	10:00-11:00	Strength & Conditioning	Dan
			19:15-20:15	Circuits	Gym Team	10:15-11:00	Inferno	Coach Roach	19:15-20:15	Circuits	Gym Team	18:00-19:00	Hatton Boxing Fundamentals & Fitness	Coach Jona			
						18:00-19:00	Hatton Boxing Fundamentals & Fitness	Coach Jona									
						20:00-21:00	Badminton Club	Members									
SWIMMING POOL			SWIMMING POOL			SWIMMING POOL			SWIMMING POOL			SWIMMING POOL			SWIMMING POOL		
19:15-20:15	Aqua Aerobics	Coach Roach	10:30-11:30	Aqua Aerobics	Coach Roach	09:15-10:00	Deep Water Aqua Aerobics	Coach Roach	10:15-11:15	Aqua Aerobics	Coach Roach						
SPINNING STUDIO			SPINNING STUDIO			SPINNING STUDIO			SPINNING STUDIO			SPINNING STUDIO			SPINNING STUDIO SATURDAY		
06:15-07:15	Virtual Spin ^{PB}	Virtual	06:15-07:15	Virtual Spin ^{PB}	Virtual				06:15-07:15	Virtual Spin ^{PB}		06:15-07:15	Virtual Spin ^{PB}	Virtual	08:00-08:45	Spinning ^{PB}	Dan
10:15-11:00	Spinning ^{PB}	Gym Team	18:00-18:45	Spinning ^{PB}	Gym Team				18:00-18:45	Spinning ^{PB}	Gym Team	09:15-10:00	Spinning ^{PB}	Gym Team	09:00-09:45	Spinning ^{PB}	Dan
18:00-18:45	Spinning ^{PB}	Gym Team															
TENNIS / SQUASH COURTS			TENNIS / SQUASH COURTS			TENNIS / SQUASH COURTS			TENNIS / SQUASH COURTS						SPINNING STUDIO SUNDAY		
19:00-21:00	Ladies Club Tennis	Jana	19:00-21:00	Tennis Club Night	Members	19:00-21:00	Mens Tennis Club	Members							09:00-09:45	Spinning ^{PB}	Ady
19:00-21:00	Squash Development	Dan A															