
















June 2024 CLASS TIMETABLE

Monday 7.15-8.00	Tuesday 7.15-8.00	Wednesday 7.15-8.00	Thursday 7.15-8.00	Friday 7.15-8.00	Saturday	Sunday
Spin Xtra & Weights 	Total Body Fitness 	Spin & Core 	Total Body Fitness 	Spin Xtra & Weights 		
9.30-10.15	9.30-10.15	9.30-10.15	9.30-10.15		9.30-10.15	9.30-10.30
Aqua Aerobics 	Spin & Core 	Total Body Fitness 	Spin Xtra & Weights 		Spin & Core 	20/20/20 
18.30-19.15	18.30-19.00	19.15-20.00	-	18.30-19.00		
Total Body Fitness 	Express Spin 	Aqua Aerobics 		Express Spin 		

Booking Policy:

1. Classes can be booked from 6am the week before on Monday-Friday and 8.30am on Saturdays and Sundays **(Book on 021-4890750)**.
2. Continuously booking classes and not turning up can be frustrating for fellow class users looking to get a space. Please inform us if you're unable to attend the class you are booking in for. Failure to do so on a regular basis may result in temporary suspension from booking classes.
3. If you arrive late to a class, please note your space may **NOT** be guaranteed.
4. All classes require a minimum of 2 or more participants.
5. Off peak members may only attend classes during off peak times.

Classes Explained:

Spin & Core: Cycling class, with added core exercises for an added workout.

Spin & Weights: Cycling class with endurance/strength exercises while cycling.

Express Spin: 30 minutes of intense cycling.

Total Body Fitness: Full Body Workout.

20/20/20: 20 minutes of spinning, 20 minutes of Core & 20 minutes of Upper/Lower Body exercises.

Aqua Aerobics: Consists of cardiovascular & conditioning segments in the pool.