
















September/October 2023 CLASS TIMETABLE

Monday 7.15-8:00	Tuesday 7.15-8:00	Wednesday 7.15-8:00	Thursday 7.30-8:00	Friday 7.15-8:00	Saturday	Sunday
SpinXtra 	Total Body Fitness 	Spin & Core 	Express Spin 	Spin & Core 		
9.30-10.15	9.30-10.15	9.30-10.15			9.30-10.30	9.30-10.15
Aqua Aerobics 	Spin & Core 	Box Fit 			20/20/20 	Total Body Fitness 
18.30-19.15	18.30-19.15	18.30-19.30	19.15-20.00	18:30-19:00		
Total Body Fitness 	SpinXtra 	20/20/20 	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.

Express Spin: 30 minute of intense cycling.

SpinXtra: 45 minute 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.

Box Fit: Cardio and toning based workout implementing skills and drills used in boxing.