



Leisure Timetable

Winter 2022

| Day | Time | Class | Day | Time | Class |
|-----------|-----------------|--------------------|-----------------|----------------|--------------------|
| Monday | 7 - 7.30am | HIIT | Thursday | 7.30 - 8.00am | Workout of the Day |
| | 9.15 - 10.00am | Cardio Blast | | 9.00 - 9.30am | HIIT |
| | 9.30 - 10.30am | Tai Chi | | 6.00 - 7.00pm | Legs, Bums & Tums |
| | 6.00 - 7.00pm | Circuits | | 7.30 - 8.15pm | Spin Boxing |
| | 6.30 - 7.30pm | Pilates | | 7.00 - 8.00pm | Floor Stretch |
| | 7.00 - 7.30pm | HIIT | Friday | 7.00 - 7.45am | Tabita Spin |
| | 7.30 - 8.30pm | Pilates | | 8.00 - 8.30am | Workout of the Day |
| Tuesday | 7.00 - 7.45am | Circuits | 9.30 - 10.30am | Tai Chi | |
| | 9.00 - 9.30am | HIIT | 10.30 - 11.15am | Aqua Aerobics | |
| | 10.00 - 10.45am | Floor/Stretch | 6.00 - 7.00pm | Circuits | |
| | 11.00 - 11.45am | Aqua Aerobics | 7.00 - 8.00pm | Pilates | |
| | 6.00 - 6.45pm | Body Pump | 7.30 - 8.15pm | Cardio Blast | |
| | 6.30 - 7.30pm | Yoga | Saturday | 9.30 - 10.30am | Yoga |
| | 7.30 - 8.15pm | Spin HIIT | | | |
| Wednesday | 7.00 - 7.45am | Spin HIIT | Sunday | | |
| | 8.00 - 8.30am | Workout of the Day | | | |
| | 9.15 - 10.00am | Body Pump | | | |
| | 9.30 - 10.30am | Yoga | | | |
| | 6.00 - 6.45pm | Circuits | | | |
| | 6.30 - 7.15pm | Aqua Aerobics | | | |
| | 7.30 - 8.00pm | HIIT | | | |