

Studio 1	Studio 2	Gymnasium	Yard
Power Yoga 09:00-10:00 Pilates 10:15-11:15 Health Tai Chi 11:45-12:45	Indoor Cycling 08:15-09:00 Indoor Cycling 09:15-10:00 Family Indoor Cycling 10:15-11:00 Chair Fit 11:30-12:15	Body Pump Clinic 08:20-08:30 Body Pump 08:30-09:15 Shapes 09:30-10:15 Body Combat 10:30-11:15 Dance Fusion 11:30-12:30 Body Balance 12:45-13:45	Bootcamp 08:00-08:45 Junior Circuits 09:15-10:00 Core Express 10:15-10:45 BoxFit 11:00-11:45 Metcon Express 12:00-12:30
Sports Hall	Squash	Padel	Swim
Jump 'N' Play 08:45-09:45 10:45-11:45 11:45-12:45 Coached Pickleball 09:00-10:00 10:15-11:15 11:30-12:30	Doubles Training 09:00-11:00 Junior Squash 11:30-12:00 1-2-1 12:15-12:30 1-2-1 12:45-13:00 1-2-1 13:15-13:30	Intro to Padel 09:00-10:00 Intro to Padel 10:15-11:15 Intro to Padel 11:30-12:30 Intro to Padel 12:45-13:45	Aqua Splash 11:45-12:45 Swim (Lane & Social) 13:00-14:00