



Fitness Classes

DAY	TIME	CLASS	INSTRUCTOR	DURATION
Monday	09:30	HIT	Beejacks	30 mins
	10:00	Yoga	Beejacks	60 mins
	11:15	Aqua Aerobics	Beejacks	45 mins
	18:00	Guided Gym	Pavel / Caleb	60 mins
	19:30	Pilates	Sonja Hornsby	60 mins
Tuesday	13:00	Pilates	Alex Wilcox	60 mins
	18:00	Balance	Beejacks	60 mins
	19:00	Pump	Beejacks	60 mins
Every other Tuesday	10:00	Abs & Legs	Caroline's Circuits	45 minutes
Wednesday	09:30	Yoga	Amber Macintosh	60 mins
	10:00	Zumba	Beejacks	45 mins
	11:15	Aqua Aerobics	Beejacks	45 mins
Thursday	07:15	Boot Camp	Beejacks	45 mins
	09:30	Pump	Beejacks	60 mins
	10:40	Spin	Beejacks	30 mins
	11:15	Aqua Aerobics	Beejacks	45 mins
	18:15	HIT	Beejacks	30 mins
Friday	09:30	Yoga	Zoe Warren	60 mins
	10:30	Cardio Tennis	Lorna Cowan	60 mins
	12:15	Balance	Beejacks	60 mins
Saturday	10:00	Rotation	Various	75 mins
Sunday	11:30	Kettle Bells	Pavel	60 mins