

Saturday

06.45-07.30	GRIT NEW – Rich	H	S1
07.00-07.30	H.I.T Spin – Sue T	H	S2
07.30-08.15	Bodypump NEW – Rich	M J	S1
07.35-08.20	Spin - Schwinn – Sue T	M	S2
08.30-09.15	Spin - Schwinn – Sue T	M	S2
08.30-09.15	Weightloss Bootcamp – Helen C	A J	S1
09.25-10.10	Bodyattack – Rich/Aurelie	H J	S1
09.30-10.15	Showtime Dance – Su F	A J	S2
09.30-10.00	Couch To 5K – Sue T	A J ●	RE
10.00-11.00	Running Progression Class 5k to 10k – Sue T	A J	RE
10.15-11.15	Bodypump – Mark J	M	S1
10.20-11.15	Yoga – Jade	A J	S2

Sunday

07.30-08.15	Spin - Schwinn – Ed	M	S2
07.40-08.40	Bodypump – Helen H	M	S1
08.25-09.10	Spin - RPM – Colin	M	S2
08.45-09.30	Sh'bam – Charlotte	A J	S1
09.35-10.35	Bodybalance – Sally R	A J	S1
09.35-10.20	P90X – Stewart	H J	S2
10.25-11.10	Barre Fusion – Emily/Jade	A J	S2
10.35-11.35	Bodyattack – Rich	H J	S1
10.40-11.25	Aqua Aerobics (NT) – Charlotte	A J	P
11.15-12.15	Yoga – Emily/Jade	A J	S2
16.15-17.00	Bodypump – Dave H/Shelly B	M	S1
17.00-17.45	Deep Water Aqua – Kate	A J	P
17.05-17.50	Bodybalance – Shelley/Sam	A J	S1
18.00-18.45	Weightloss Bootcamp – Dave H	H	S1
18.00-19.00	Adult Swim Coaching – Rota	M	P
18.50-19.35	Bodycombat – Dave H	H J	S1

Location Guide: GY - Gym | P - Pool | S1 - Studio 1 | S2 - Studio 2 | RE - Reception

Field Place Manor House

Monday

07.00-08.00	Pilates – Ruby	A J	CH
09.00-10.00	Bodybalance – Ruby	A J	CH
10.00-11.00	Yoga – Emma	A J	CH
17.30-18.15	Back Care Pilates – Caroline	A	CH
18.00-19.00	Fitness Pilates – Bennie	A	BA
18.10-18.55	Yoga for Relaxation – Karina	A J	PA
18.30-19.30	Meditation – Suzeck	A	CH
19.00-20.00	Yoga – Bennie	A	BA
19.00-19.45	Freestyle Fitness Yoga – Jo C	M J	PA
19.35-20.35	Yoga – Emma	A	CH
19.50-20.50	Candle Light Yoga – Jo C	A J	PA
20.00-21.00	Fitness Pilates – Bennie	A	BA

Tuesday

07.00-08.00	Pilates – Ruby	A	CH
09.00-09.50	Pilates – Helen CH	A	CH
09.55-10.45	Pilates – Helen CH	A	CH
10.45-11.45	Yoga – Yasue	A	CH
17.30-18.30	Pilates – Miki	A	BA
17.30-18.15	Breathe – Christie	A	AN
18.30-19.30	Yoga – Miki	A	BA
18.15-19.00	Ashtanga Yoga – Christie	A	AN
19.00-19.45	Yin Yoga – Christie	A J	AN
19.00-20.00	Mindfulness – Violet	A	LE
19.30-20.30	Pilates – Caroline	A	BA
19.45-20.45	Yoga – Elsa	A	AN

Wednesday

09.00-10.00	Fitness Pilates – Miki	M	AN
10.00-11.00	Back Care Pilates – Miki	A	AN
11.00-12.00	Mother & Baby Yoga – Emma	A	AN
12.00-13.00	Yoga – TBC	A	AN
18.00-18.45	Back Care Pilates (NT) – Miki	A	BA
18.50-19.35	Back Care Pilates (NT) – Miki	A	BA
19.40-20.25	Back Care Pilates (NT) – Miki	A	BA
20.00-21.00	Meditation – Emily	A	AN
20.00-21.00	Yoga – Elsa	A	CH

Thursday

09.00-10.00	Fitness Pilates – Miki	M	CH
10.00-11.00	Qigong – Jan	A	CH
11.00-12.00	Yoga – Yasue	A	CH
12.00-13.00	Yoga – Yasue	A	CH
18.00-19.00	Pilates – Wendy A	A	CH
18.15-19.00	Freestyle Fitness Yoga – Jo C	A J	AN
19.00-20.00	Yoga – Emma	M	CH
19.00-20.00	Mindfulness – Violet	A	CL
20.00-21.00	Pilates – Caroline	A	BA

Friday

09.30-10.30	Bodybalance – Sally D	A J	CH
10.35-11.20	Clinical Pilates – Miki	A	CH
17.00-18.00	Meditation – Suzeck	A	AR

Location Guide: AN - Annex | AR - Art Room | BA - Barn | CH - Chichester Room | LE - Lewis Room | PA - Pavilion | CL - Check Location

Ensure you check live timetables via our app or website for correct up-to-date class listings.

Register for online booking and download the app www.southdownsleisure.co.uk



CLASS TIMETABLES

Effective from 3rd June 2019

Register for online booking and download the app www.southdownsleisure.co.uk



Classes can be booked via our versatile reception 7 days in advance for FIT4 and centre members, and 3 days in advance for non-members.

SYMBOL GUIDE:

- A** All fitness levels
- M** Medium fitness level
- J** Junior FIT4* age 13 and above
- H** Hi Energy/Get fit fast
- S** Specialist
- 30 min class
- (NT)** New Time

*Junior FIT4 members will need to be able to swim competently if participating in deep water aqua fit.

Davison Leisure Centre

Monday

18.00-19.00	Bodybalance – Sally R	A J	S
18.05-18.50	Bodycombat – Florence	H J	MH
19.00-19.45	Sh'bam – Wendy	A J	S
19.15-20.15	Circuits – Helen	H	SH

Tuesday

18.00-18.45	Bodycombat – Lucie D	H J	S
18.50-19.20	Abs and Core – Dave H	M ●	S
19.25-20.10	Bodyjam – Sheree	A J	S
20.15-21.10	Bodypump – Rachel C	M	S

Wednesday

17.45-18.30	Bodypump – Rachel C	M	SH
17.45-18.30	Fitsteps – Tina L-M	A J	S
18.30-19.15	Weightloss Bootcamp – Tina L-M	A J	S
19.15-19.45	Powerhoop – Tina L-M	A J ●	S

Location Guide: MH - Main Hall | SH - Small Hall | S - Studio

Thursday

17.30-18.30	Bodybalance – Megan	A J	S
18.00-18.50	Bodypump – Colin	M	SH
18.45-19.30	Strictly Dancing – Kevin	A J	S
19.15-20.15	Circuits – Helen	H	SH

Friday

17.30-18.00	Abs and Core – Sally D	M ●	MH
17.45-18.30	Back Care Pilates – Ulala	A	S
18.05-18.50	Bodycombat – Sally D	H J	MH

Saturday

09.15-10.15	Bodybalance – Sally B	A J	S
10.15-11.00	Bounce DanceFit – Emily/Jade	A J	S

Worthing College

Monday

17.30-18.30	Bodypump – Sue T	M	S
18.35-19.20	Bodycombat – Lucie D	H J	S

Tuesday

17.30-18.25	Bodybalance – Norma	A J	S
18.30-19.15	Fitsteps – Megan	A J	S
19.20-20.20	Pilates – Ruby	A	S

Wednesday

17.30-18.15	LBT – Katie B	A J	S
18.20-19.05	Bodypump – Jemma	M	S
19.10-19.55	Pure Stretch NEW – Michelle	A	S

Thursday

17.30-18.15	Pilates – Ruby	M	S
18.20-19.20	Bodycombat – Gayle	H J	S
19.30-20.00	Cx Worx – Carrie	M ●	S

Location Guide: S - Studio

Friday

17.30-18.15	Drum 'n' Base Bootcamp – Enzo	A J	S
18.25-19.10	Bodybalance – Shelly/Sam	A J	S

Saturday

08.15-09.00	H.I.T – Jo M	H	S
09.05-09.50	Bodypump – Jo M	M	S
09.55-10.25	Abs and Core – Jo M	M ●	S
10.30-11.15	Bodybalance – Jo M	A J	S

Sunday

08.30-09.15	Body Pump – Sue T	M	S
09.20-10.05	Weightloss Bootcamp – Katie B	A J	S
10.10-10.40	Abs and Core – Katie B	A ●	S
10.45-11.30	Zumba – Jo L	A J	S

Monday

06.45-07.15 **Bodycombat Express** – Dave H
 06.45-07.30 **Bodypump** – Kevin
 07.20-07.50 **Abs and Core** – Dave H
 09.20-10.10 **Step and Conditioning (NT)** – Karen T
 09.20-10.05 **Bodycombat** – Jo C
 09.20-10.05 **Spin** – Jo M
 10.25-11.10 **Bodypump** – Colin
 10.25-11.10 **Sh'bam** – Wendy
 10.25-11.15 **Spin** – Mark
 10.25-11.25 **Pole Fitness** – Charlotte
 10.30-11.15 **Baby FIT4** – Tina L M
 11.30-12.15 **Tone** – Colin
 11.30-12.00 **Abs and Core** – Katie B
 17.30-18.15 **Cardio Legs, Bums & Tums** – Katie B
 17.45-18.30 **Spin freestyle** – Sally B
 18.00-19.00 **Pole Fitness** – Helen
 18.30-19.15 **Yoga** – Caroline P
 18.15-19.00 **Weightloss Bootcamp** – Katie B
 18.35-19.20 **Spin** – TBC
 18.45-19.40 **Bodypump** – Sally B
 19.00-19.45 **Bodyattack** – Peter
 19.00-20.00 **Pole Fitness** – Helen
 19.45-20.30 **Bodypump** – Rachel C
 19.45-20.15 **Express RPM** – Sally B
 19.50-20.20 **Cx Worx (NT)** – Colin
 20.20-21.05 **Bodybalance (NT)** – Colin

M ● S1
 RA
 M ● S1
 M S1
 H J RA
 M S2
 A RA
 A J S1
 M S2
 M PS
 A MH
 M J S1
 A ● RA
 A J S1
 M ● S2
 M PS
 A SH
 A J S1
 M S2
 M RA
 H J S1
 M PS
 M RA
 M ● S2
 M ● S1
 A J S1

Tuesday

06.30-07.15 **Bodypump** – Colin
 06.30-07.15 **Bodyattack** – Rich
 06.40-07.25 **Spin - RPM** – Sally R
 09.20-10.05 **Spin** – Katie B
 09.20-10.05 **Zumba** – Helen H
 09.20-10.05 **Bodypump** – Colin
 10.25-11.10 **Bodyattack** – Jodie
 10.25-11.10 **Spin - RPM** – Karen T
 10.25-11.10 **Cardio Legs, Bums & Tums** – Helen C
 10.25-11.25 **Pole Fitness** – Helen
 11.30-12.20 **Bodybalance** – Colin
 17.30-18.15 **Body Combat** – Colin
 17.30-18.15 **Bodypump** – Karen T
 18.00-19.00 **Pole Fitness** – Sarah
 18.20-19.05 **Sh'bam** – Jo C
 18.25-18.55 **Express Spin** – Colin
 18.30-19.15 **Strong by Zumba** – Jo L
 19.00-19.50 **Spin - RPM** – Sally R
 19.00-20.00 **Pole Fitness** – Sarah
 19.00-20.00 **Popmo** – Celia
 19.10-19.55 **Weightloss Bootcamp** – Tina L M
 19.20-20.05 **Bodyattack** – Colin
 20.00-20.50 **Spin - Schwinn** – Mark T

M RA
 H J ● S1
 M S2
 M S2
 A J S1
 M RA
 H J S1
 M PS
 A J S1
 M RA
 M PS
 A J RA
 M ● S2
 A L S1
 M S2
 M PS
 A J MH
 A J RA
 H J S1
 M S2

Wednesday

06.30-07.00 **Abs and Core** – Sue T
 06.30-07.15 **Bodypump** – Rich
 07.05-07.50 **Bootcamp** – Sue T
 07.20-08.05 **Sh'bam** – Rich
 08.00-09.00 **Qigong** – Jan
 09.20-10.05 **Bodycombat** – Jo C
 09.20-10.05 **Pilates** – Wendy A
 09.20-10.05 **Spin - RPM** – Sally B
 09.20-10.05 **Tone & Tighten** – Janie
 10.25-11.10 **Pilates** – Wendy A
 10.25-11.10 **Freestyle Fitness Yoga** – Jo C
 10.25-11.10 **Bodypump** – Karen T
 10.25-11.25 **Pole Fitness** – Sarah
 11.15-12.15 **Chair Based Pilates NEW** – Wendy A
 11.30-12.15 **Tabata Boxercise** – Dave H
 11.30-12.15 **Zumba** – Helen H
 17.30-18.15 **P90X** – Stewart
 18.00-19.00 **Pole Fitness** – Charlotte
 18.00-19.00 **Yoga** – Karina
 18.00-19.00 **Spin - RPM** – Sally B
 18.20-19.05 **Boxercise** – Dave H
 19.05-19.50 **Spin - Schwinn** – Mark T
 19.15-20.00 **Cardio Legs, Bums & Tum** – Vikki
 19.20-20.05 **Bodyattack** – Fiona
 19.30-20.15 **Bodyjam** – Wendy
 20.10-20.55 **Bodypump (NT)** – Fiona

M ● S1
 M RA
 A J S1
 M J RA
 A SH
 H J RA
 A SH
 M S2
 A J S1
 A SH
 A J S1
 M S2
 A J S1
 A SH
 M RA
 M PS
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 A J S1
 A J RA
 H S1
 M PS
 A J SH
 M S2
 M S1
 M S2
 A J MH
 H J S1
 A J RA
 M S1

Thursday

06.00-06.45 **GRIT NEW** – Rich
 06.45-07.30 **Bodycombat** – Rich
 06.45-07.30 **Spin Freestyle** – Sue T
 07.35-08.20 **Bodypump** – Sue T
 09.20-10.05 **Spin - RPM** – Karen T
 09.20-10.05 **Bodyattack** – Katie B
 09.20-10.05 **Body Conditioning** – Norma
 10.00-10.45 **Baby FIT4** – Tina L M
 10.25-11.10 **Weightloss Bootcamp** – Karen T
 10.25-11.10 **Bodybalance** – Ruby
 10.25-11.25 **Pole Fitness** – Sarah
 10.45-11.45 **Chair Based Pilates NEW** – Caroline
 11.20-12.05 **Sh'bam** – Sally D
 11.30-12.15 **Bodypump** – Jemma
 17.30-18.30 **Yoga** – Emma
 17.45-18.30 **Bodybalance** – Sally B
 17.50-18.35 **GRIT NEW** – Nicole
 18.00-19.00 **Pole Fitness** – Charlotte
 18.15-19.00 **Spin - RPM** – Sally R
 18.35-19.20 **Bodycombat** – Lucie D
 18.40-19.25 **Bodypump** – Sally B
 19.00-20.00 **Pole Fitness** – Helen
 19.00-21.00 **Adult Trampolining** – Becky/Debbie
 19.25-20.25 **Bodyattack** – Rich
 19.30-20.15 **Sh'bam** – Jo C
 19.30-20.20 **Spin Freestyle** – Simon

A S1
 H J S1
 M S2
 M J RA
 M S2
 H J S1
 A J RA
 A MH
 A J RA
 A J S1
 M PS
 A S BR
 A J S1
 M RA
 A SH
 A J S1
 H RA
 M PS
 M S2
 H J S1
 M RA
 M PS
 A MH
 H J S1
 A J RA
 M S2

Friday

06.30-07.15 **Bodybalance** – Colin
 06.30-07.15 **Freestyle Spin** – Sue T
 06.30-07.15 **Bodypump** – Dave H
 07.20-07.50 **Abs and Core** – Dave H
 09.20-10.05 **Spin - RPM** – Karen T
 09.20-10.05 **Cardio Legs, Bums & Tum** – Katie B
 10.25-11.10 **Bodypump** – Karen T
 10.25-10.55 **Express Spin** – Katie B
 11.30-12.15 **Pilates** – Ulala
 17.00-17.30 **Cx Worx** – Norma
 17.30-18.15 **Spin - Schwinn** – Sue T
 17.35-18.20 **Bodyattack** – Aurelie/Jodie
 18.30-19.15 **Bodypump** – Sally B
 18.30-19.15 **Sh'bam** – Rich
 19.15-20.00 **Bodyjam** – Wendy

M J S1
 H S2
 M RA
 M ● RA
 M S2
 M J RA
 M RA
 H ● S2
 A RA
 M ● S1
 M S2
 H J S1
 M RA
 A J S1
 A J S1

Saturday

07.30-08.15 **Spin** – Mark J
 07.40-08.25 **Bodystep** – Colin
 08.20-08.50 **H.I.T Spin** – Mark J
 08.30-09.15 **Sh'bam** – Sally D
 08.30-09.15 **Bodypump** – Jo C
 09.00-09.50 **Spin - RPM** – Sally R
 09.30-10.15 **Bodycombat** – Sally D
 09.20-10.05 **Cardio Legs, Bums & Tum** – Vikki
 10.00-10.30 **30 Min Spin** – Sally R
 10.15-11.00 **Bodyattack** – Colin
 10.20-11.05 **Bodybalance** – Sally D
 10.20-11.20 **Pole Fitness** – Sarah/Charlotte
 11.05-11.35 **Cx Worx** – Colin

M S2
 M J S1
 M ● S2
 A J S1
 M RA
 M S2
 H J RA
 A J S1
 M S2
 H J S1
 M J RA
 M PS
 M ● S1

Sunday

09:00-09:50 **Step and Conditioning** – Karen
 09:00-09:45 **Spin - Freestyle** – Jordan
 09:45-10:45 **Pole Fitness** – Helen
 10:00-10:45 **Piloxing** – Sally D
 10:50-11:35 **Bodycombat** – Sally D
 11:40-12:10 **Abs and Core** – Sally D
 17:00-17:45 **Sh'bam** – Rich

M S1
 M S2
 M PS
 M J S1
 H J S1
 M ● S1
 A J RA

Monday

06.30-07.00 **H.I.T Spin** – Sue T
 06.30-08.00 **Adult Swim Coaching** – Graham
 06.45-07.30 **Bodypump (NT)** – Jodie
 07.05-07.50 **Spin - Freestyle** – Sue T
 09.15-10.00 **Bodypump** – Dave H
 09.15-10.00 **Showtime Dance** – Su F
 10.05-10.50 **Bodycombat** – Lucie D
 10.10-10.40 **Cx Worx** – Dave H
 10.55-11.40 **Freestyle Fitness Yoga** – Jo C
 11.45-12.30 **Clinical Fitness** – Bennie
 11.45-12.40 **Bodybalance** – Ruby
 12.10-12.55 **Aqua Aerobics** – Jodie
 12.45-13.45 **Pilates** – Ruby
 13.00-13.45 **Aqua Aerobics** – Charlotte
 14.00-15.00 **50+ Keep Fit** – Sally R
 17.00-17.45 **Bodypump** – Jo M
 17.00-17.45 **Spin - Freestyle** – Helen C
 17.50-18.20 **Cx Worx** – Jo M
 18.00-18.45 **Spin - RPM** – Colin
 18.15-19.00 **Aqua Aerobics** – Helen C
 18.25-19.10 **Bodyattack** – Rich
 18.30-19.00 **GRIT Athletic NEW** – Jo M
 19.10-19.55 **Bodybalance** – Jo M
 19.15-20.00 **Bodycombat** – Rich
 20.05-20.50 **Bodypump** – Rich

H S2
 M J P
 H J S1
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 A J P
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 A J P
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 M S1
 M S2
 M ● S1
 M S2
 A J P
 H J S1
 H ● GY
 A J S2
 H J S1
 M S1

Tuesday

06.30-07.15 **Bodypump** – Charlotte
 06.45-07.15 **Kettlebells/Powerbag** – Courtney
 06.45-07.30 **Spin - Freestyle** – Sue T
 07.40-08.25 **Aqua Aerobics** – Charlotte
 09.00-09.30 **GRIT Strength** – Bella
 09.15-10.00 **Spin Circuits** – Sarah P
 09.30-10.00 **GRIT Cardio** – Bella
 10.05-10.50 **Bodypump** – Sarah P
 10.10-10.55 **Bodyjam** – Wendy
 11.00-11.45 **Bodycombat** – Dave H
 11.10-12.10 **Pilates** – Sarah P
 11.50-12.20 **Cx Worx** – Dave H
 12.15-13.00 **Aqua Aerobics** – Helen H
 12.30-13.30 **Ashtanga Yoga** – Christie
 14.00-15.00 **50+ Keep Fit** – Sally R
 15.10-16.50 **Over 50's Table Tennis**
 17.00-17.45 **Bodypump** – Aurelie
 17.05-17.35 **Cx Worx** – Dave H
 17.30-18.15 **Adult Swim Coaching** – Spencer & Helen
 17.40-18.25 **Boxercise** – Dave H
 17.50-18.35 **Bodyattack** – Peter
 18.15-19.00 **Adult Swim Coaching** – Spencer & Helen
 18.30-19.15 **Sh'bam** – Wendy
 18.40-19.25 **GRIT NEW** – Nicole
 19.30-20.15 **Bodypump** – Jo C
 19.30-20.15 **Spin - Schwinn** – Sue T
 20.30-21.15 **Weightloss Bootcamp** – Helen C

M S1
 H ● GY
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 A J P
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 M S1
 M ● S2
 M P
 M S2
 H J S1
 M P

Wednesday

06.30-07.00 **H.I.T Spin** – Helen C
 06.30-08.00 **Adult Swim Coaching** – Andy
 06.30-07.15 **Bodycombat** – Florence
 06.45-07.15 **GRIT Athletic NEW** – Jo M
 07.05-07.50 **Spin - Freestyle** – Helen C
 07.20-07.50 **GRIT Strength** – Jo M
 09.15-10.10 **Bodypump** – Helen H
 09.30-10.15 **Spin - Freestyle** – Jo M
 10.15-11.00 **Tone** – Wendy
 10.35-11.35 **Yoga** – Ulala
 11.05-11.35 **CX Worx** – Colin
 11.40-12.25 **Sh'bam NEW** – Sheree

H S2
 M P
 H J S1
 H ● GY
 M S2
 H ● S1
 M S1
 M S2
 M J S1
 A S2
 M ● S1
 A J S2

Wednesday (continued)

11.40-12.40 **Bodybalance** – Colin
 12.10-12.55 **Aqua Bootcamp** – Helen C
 12.50-13.50 **Over 50's Keep Fit** – Sally R
 14.00-15.00 **Pilates** – Miki
 17.00-17.45 **Barre Fusion** – Bennie
 17.00-17.45 **Bodypump** – Rick
 17.50-18.35 **Bodyattack** – Rick
 18.00-18.50 **Spin - Schwinn** – Sue T
 18.35-19.20 **Weightloss Bootcamp** – Bella
 19.00-19.45 **Spin - Schwinn** – Sue T
 19.15-20.00 **Aqua Aerobics** – Kate
 19.25-20.10 **Bodycombat** – Dave H
 20.10-21.10 **Bodybalance** – Colin

A J S1
 A J P
 A S1
 A S1
 A J S2
 M S1
 H J S1
 M S2
 A J S1
 M J S2
 A J P
 H J S1
 A J S1

Thursday

06.45-07.15 **Kettlebells/Powerbag** – Courtney
 06.45-07.30 **Spin - RPM** – Colin
 06.45-07.30 **Bodypump** – Jemma
 07.40-08.25 **Aqua Aerobics** – Charlotte
 09.10-10.10 **50+ Short Mat Bowls & Table Tennis** – Sally R
 09.15-10.00 **Spin Circuits** – Janie
 10.15-11.15 **50+ Keep Fit** – Sally R
 10.15-11.00 **Rave Aerobics** – Janie
 11.00-11.45 **Tone** – Wendy
 11.20-12.05 **Bodypump NEW** – Dave H
 11.45-12.30 **Sh'bam** – Wendy
 12.10-12.55 **Deep Water Aqua** – Janie
 12.30-13.30 **Hatha Yoga** – Martina
 13.00-13.45 **Aqua Aerobics** – Janie
 13.45-14.45 **Clinical Fitness** – Bennie
 17.15-18.00 **Sh'bam** – Charlotte
 17.00-17.30 **Abs and Core** – Dave H
 17.30-19.00 **Adult Swim Coaching** – Andy and Michelle
 17.30-18.15 **Boxercise** – Dave H
 18.00-18.45 **Aqua Aerobics** – Erin
 18.10-19.05 **Bodypump** – Charlotte
 18.15-19.00 **Zumba** – Jo L
 19.10-19.40 **Express Bodyattack** – Charlotte
 19.15-20.00 **Spin - RPM** – Colin
 19.45-20.30 **Yoga** – Emily

A GY
 M S2
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 A J P
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 A S1
 A J S1
 A ● S2
 M P
 M S2
 A J P
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Friday

06.30-07.15 **Sh'bam** – Rich
 06.30-07.00 **H.I.T Spin** – Jo M
 07.05-07.50 **Spin - Freestyle** – Jo M
 07.15-08.00 **Bodypump NEW** – Rich
 07.40-08.25 **Aqua Aerobics** – Katie B
 09.15-10.00 **Tabata Bootcamp** – Kerry
 10.05-10.35 **Cx Worx** – Kerry
 10.05-10.50 **Bodycombat** – Wendy
 11.00-11.45 **Zumba** – Sally R
 11.15-12.00 **Bodystep** – Wendy
 11.50-12.35 **Bodybalance** – Sally R
 12.05-12.35 **GRIT Strength** – Jo M
 12.10-12.55 **Aqua Aerobics** – Helen H
 12.40-13.40 **Pilates** – Miki
 13.00-13.45 **Aqua Aerobics** – Janie
 13.45-14.30 **Bodypump** – Helen H
 17.00-17.45 **Bodycombat** – Colin
 17.00-17.45 **Freestyle Spin** – Mark T
 17.50-18.50 **Bodypump** – Colin
 18.00-18.45 **Bodybalance** – Florence
 18.30-19.15 **Deep Water Aqua (NT)** – Kate
 18.45-19.30 **Strong by Zumba** – Jo L
 19.00-20.00 **Adult Swim Coaching** – Andy

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