

# Exercise Class Timetable



Please note - some classes may be subject to change

January to March 2023

	Class	Time	Class	Time	Class	Time		
<b>MONDAY</b>	<b>Water Aerobics</b>	9am to 9.50am	<b>Stages Power Cycle 30</b>	6.45am to 7.30am	<b>WEDNESDAY</b>	<b>RT24</b>	6.45am to 7.15am	
	<b>Yoga Lite</b> with Gillian	9.30am to 10.30am	<b>AllFit</b>	9.30am to 10am		<b>Kettlebells 30</b>	9.15am to 9.45am	
	<b>Stages Power Cycle</b>	9.30am to 10.30am	<b>Step 'n' Tone</b>	9.30am to 10.30am		<b>Tone 'n' Stretch</b> with Julie	10am to 11am	
	<b>Gently Does it</b> with Debbie	10.45am to 11.45am	<b>Beginners Yoga</b> with Debbie	10.45am to 11.45am		<b>Active Ageing</b> with Debbie	11.30am to 12.30pm	
	<b>Yin Yoga</b> with Debbie	12pm to 1pm	<b>Pilates</b> with Julie	12.30pm to 1.30pm		<b>Tai Chi</b> with Michele	11.30am to 12.30pm	
	<b>Kettlebells 30</b>	1.15pm to 1.45pm	<b>Stages Power Cycle 30</b>	12.30pm to 1.15pm		<b>Yoga Lite</b> with Gillian	12.45pm to 1.30pm	
	<b>Stages Power Cycle</b>	5.30pm to 6.30pm	<b>Kettlebells 30</b>	5.15pm to 5.45pm		<b>Kettlebells 30</b>	5.15pm to 5.45pm	
	<b>RT24</b>	6.15pm to 6.45pm	<b>Power Yoga*</b>	6pm to 6.45pm		<b>Legs, Bums and Tums</b>	6pm to 7pm	
	<b>Pilates</b>	6.15pm to 7.15pm	<b>Stages Power Cycle</b>	6pm to 7pm		<b>Stages Power Cycle</b>	6pm to 7pm	
<b>Yoga</b> with David	7.30pm to 8.30pm	<b>Total Body Fitness</b>	7pm to 8pm	<b>Bootcamp</b> with Davy	6.30pm to 7.30pm			
			<i>*Intermediate Yoga class - NOT suitable for beginners</i>					
<b>THURSDAY</b>	<b>Power Yoga</b> with Gillian *	6.45am to 7.30pm	<b>FRIDAY</b>	<b>AllFit</b>	9.30am to 10am	<b>WEEKEND</b>	<b>Saturday</b>	
	<b>Step 'n' Tone</b> with Ella	9.15am to 10.15am		<b>Pilates</b> with Julie	10.45am to 11.45am		<b>Bootcamp</b>	8.30am to 9.15am
	<b>Stages Power Cycle</b>	10.30am to 11.30am		<b>Tai Chi</b> with Michele	9.30am to 10.30am		<b>Stages Power Cycle</b>	9.30am to 10.30am
	<b>Armchair Yoga</b> with Debbie	10.45am to 11.45am		<b>Kettlebells 30</b>	12.30pm to 1pm		<b>Total Body Fitness</b>	10.30am to 11.30am
	<b>Water Aerobics</b> with Andy	12pm to 1pm		<b>Family RT24</b>	5.15pm to 5.45pm		<b>Sunday</b>	
	<b>AllFit</b>	12.30pm to 1pm		<b>Stages Power Cycle Junior Friendly</b>	6pm to 7pm		<b>Stages Core</b> with Kerry	10.15am to 11.15am
	<b>Total Body Fitness</b>	5.15pm to 6.15pm					<b>Total Body Fitness</b>	11.30am to 12.30pm
	<b>Yin Yoga</b> with Debbie	6.30pm to 7.30pm					<b>Yoga Lite</b> with Gillian	4.30pm to 5.30pm
<b>Stages Power Cycle</b>	6.30pm to 7.30pm							