

Day	Studio	MORNING	Afternoon	Evening
Monday	1			Metabolic Hit 18:30 - 19:00 (Liza)
	2			Weights not needed.
	Spin			
Tuesday	1			
	2			Zumba 18:30 - 19:15 (Kerri)
	Spin			
Wednesday	1		Metabolic Hit 12:30 - 13:00 (LIZA)	
	2		Weights not needed.	
	Spin			
Thursday	1			Yoga 18:30 - 19:15 (CHANTELLE)
	2			Matt/soft surface required.
	Spin			
Friday	1	Strength & Cond 07:30 - 08:00 (Liza)		
	2	Weights not needed.		
	Spin			

Please note all classes are for all abilities to attend. Instructors will give alternatives and adaptations to exercises to suit all levels. Please inform your instructor if you are new to a class. The club reserves the right to substitute instructors and change class type and times, when and if the need arises.