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| --- | --- | --- | --- | --- | --- | --- |
| MONDAY |  |  |  |  |  |  |
| 06:30-07:00 | Core Blast | Fitness |  | 10:15-11:00 | Aqua | Anita |
| 07:45-08:45 | Zumba | Judy |  | 11:00-11:45 | Poolates | Anita |
| 08:30-09:00 | Express Spin | Virtual |  | 11:15-12:15 | Yogalates | Amy |
| 09:00-10:00 | Cardio Tennis \*  | Jorg |  | 11:30-12:15 | LBT | Fitness |
| 09:15-10:00 | Fitness Pilates | Ligita  |  | 12:30-13:30 | Yoga | Amy |
| 09:30-10:00 | HIIT | Fitness |  | 18:00-18:30 | Kettlebells | Fitness |
| 10:00-11:00 | Pilates | Ligita |  | 18:45-19:15 | Group Cycle | Fitness |
| 10:00-11:00 | Cardio Tennis \* | Jorg |  |  |  |  |
|  |  |  |  |  |  |  |
| TUESDAY  |  |  |  |  |  |  |
| 06:30-07:00 | TRX | Fitness |  | 13:30-14:30 | Beginners Pilates | Karen |
| 08:30-09:15 | Spin | Abi |  | 15:45-16:45 | Tai Chi | John |
| 08:45-09:30 | Barre | Gemma |  | 17:00-17:45 | Yogalates | Amy |
| 10:00-11:00 | Zumba | Feliz |  | 18:00-18:30 | Spa HIIT | Fitness |
| 10.00-10:45 | Aqua | Abi |  | 18:00-18:45 | Barre | Sarah |
| 10:30-11:15 | Body Conditioning | Fitness |  | 18:30 – 19:15 | Get Strong | Abi |
| 11:00-12:00 | Tai Chi | Maddy |  | 19:00-20:00 | Hatha Yoga | Gemma |
| 12:15-13:15 | Intermediate Pilates | Karen |  |  |  |  |
|  |  |  |  |  |  |  |
| WEDNESDAY  |  |  |  |  |  |  |
| 06:30-07:00 | Battle Rope Blast | Fitness |  | 11:30-12:15 | Body Conditioning | Abi |
| 08:30-09:00 | Express Spin | Virtual |  | 11:45-12:45 | Pilates | Ligita |
| 09:30-10:00 | Spa HIIT | Fitness |  | 12:45-13:45 | Pilates | Ligita |
| 09:30-10:30 | Ashtanga Yoga | Gemma |  | 17:30-18:00 | Full Body Stretch | Abel |
| 10:30-11:15 | Body Conditioning | Abi |  | 18.15-19.00 | Spin Group Cycle | Fitness |
| 10:30-11:30 | Iyengar Yoga | Jenny |  | 18:15-19:00 | Fitness Racing | Fitness |
|  |  |  |  | 19:00-20:00 | Yin Yoga | Gemma |
| THURSDAY |  |  |  |  |  |  |
| 06:30-07:00 | Core Blast | Fitness |  | 12:15-13:00 | Yoga | Amy |
| 08:30-09:00 | Spa HIIT | Fitness |  | 13:00-14:00 | Beginners Yoga | Amy |
| 09:15-10:00 | Barre | Gemma |  | 15:00-16:00 | Iyengar Yoga | Jenny |
| 09:30-10:15 | Body pump | Abi |  | 16:00-16:45 | Group Cycle - Virtual |  |
| 09:45-10:30 | Aqua | Fitness |  | 17:45-18:30 | Fitness Pilates | Ligita |
| 10:00-11:00 | Pilates | Gemma |  | 18:00-18:30 | Body Conditioning | Fitness |
| 10:30-11:15 | Body Pump | Abi |  | 18:30-19:45 | Get Strong | Abi |
| 11:15-12:15 | Vinyasa Yoga | Amy |  | 18:45-19:45 | Pilates | Ligita |
|  |  |  |  |  |  |  |
| FRIDAY  |  |  |  |  |  |  |
| 06:30-07:00 | Spa HIIT | Fitness |  | 11:30-12:30 | Tai Chi | John |
| 07:45-08:45 | Step Aerobics | Judy |  | 11:45-12:30 | Aqua Zumba | Anita |
| 08:30-09:00 | Express Spin | Abi |  | 12:30-13:15 | Poolates | Anita |
| 09:00-10:00 | Zumba | Judy |  | 12:00-13:00 | Improvers Tennis \* | Jorg |
| 09:30-10:15 | Body Conditioning | Abi |  | 12:45-13:30 | Pilates | Becky |
| 10:00-11:00 | Rusty Rackets (Tennis)\* | Jorg |  | 13:30-14:15 | Pilates | Becky |
| 10:15-11:15 | Pilates | Ligita |  | 16:15-16:45 | Group Cycle | Virtual |
| 10:30-11:15 | Body Conditioning | Abi |  | 18:00-18:30 | Metabolic Conditioning | Fitness |
| 11:00-12:00 | Rusty Rackets (Tennis)\* | Jorg |  | 18:00-19:00 | Relax and unwind | Gemma |
| SATURDAY |  |  |  | **SUNDAY** |   |  |
| 08:00-08:30 | Group cycle  | Fitness |  | 08.00-08:45  | Group Cycle | Virtual |
| 09:00-09:30 | Spa HIIT  | Fitness |  | 09:30-10:00 | Spa HIIT | Fitness |
| 09:30-10:30 | Vinyasa Yoga | Amy |  | 10:30-11:00 | Box Fit | Fitness |
| 10:30-11:00 | Body Conditioning | Fitness |  | 12:15-13:15 | Vinyasa Yoga | Amy |
| 10:45-11:30  | Yogalates | Amy |  | 14:00-14:45 | Bootcamp | Fitness |
| 11:45-12:45 | Yin Yoga | Amy |  | 16:00-16:30 | Group Cycle – Virtual | Virtual |
| 13:00-14:00 | Improvers tennis \* | Jorg |  | 18:00-19:15 | Get Strong | Abi |
| 14:15-14:45 | Kettlebells | Fitness |  |  |  |  |
| 15:00-15:45 | Group Cycle – Virtual | Virtual |  |  |  |  |
| 16:30-17:00 | Spa HIIT | Fitness |  |  |  |  |
|  |  |  |  |  |  |  |