

MONDAY

BOOTCAMP		06.45 - 07.15
STRETCH & MINDFULNESS		07.15 - 07.30
ABS BLAST		09.00 - 09.15
KETTLEBELLS		09.30 - 10.15
YOGA		10.30 - 11.30
KETTLEBELLS		17.30 - 18.15
LEGS, BUMS & TUMS		18.30 - 19.15
SPIN		19.30 - 20.15

TUESDAY

KETTLEBELLS		06.45 - 07.15
STRETCH & MINDFULNESS		07.15 - 07.30
LEGS, BUMS & TUMS		09.00 - 09.45
ZUMBA		10.00 - 10.45
PILATES		11.00 - 12.00
KETTLEBELLS		17.30 - 18.15
SKIP FIT & ABS		18.30 - 19.00
LEGS, BUMS & TUMS		19.15 - 20.00

WEDNESDAY

SPIN		06.45 - 07.15
STRETCH & MINDFULNESS		07.15 - 07.30
ABS BLAST		09.00 - 09.15
HOOPER-CISE		09.30 - 10.30
BARRE		10.45 - 11.30
STRETCH & MINDFULNESS		11.30 - 12.00
C40		17.15 - 18.00
STEP		18.00 - 18.45
HIIT		19.00 - 19.30

THURSDAY

HIIT		06.45 - 07.15
STRETCH & MINDFULNESS		07.15 - 07.30
SPIN		09.30 - 10.15
BOOTCAMP		10.30 - 11.15
LEGS, BUMS & TUMS		17.30 - 18.15
YOGA		18.30 - 19.30

FRIDAY

STRETCH & MINDFULNESS		07.15 - 07.30
SKIP FIT & ABS		09.00 - 09.45
LEGS, BUMS & TUMS		10.30 - 11.15
SPIN		18.15 - 19.00
BOOTCAMP		19.15 - 20.00

SATURDAY

BOOTCAMP		09.00 - 09.45
LEGS, BUMS & TUMS		10.00 - 10.45
HIIT		11.15 - 11.45

SUNDAY

SPIN		09.30 - 10.15
KETTLEBELLS		10.30 - 11.15
HIIT		11.30 - 12.00

CLASS INFORMATION

Due to Covid-19, class numbers will be restricted in numbers up to nine people.

Cleaning will take place between classes. Please line up two metres apart and an instructor will bring you to the class one at a time as soon as they have finished cleaning the space.

We ask that you please **ONLY** turn up five minutes before your class to avoid contact with other classes. Make sure to wear your mask until you are in your designated boxed off area.

Pilates and yoga classes require you to bring your own mat at this time.

Thank you for your patience and understanding.

All our classes are free to members and cater for a range of abilities. If you are unsure the class is right for you or have any injuries or illnesses that could affect your participation, or if you simply wish for more information about the class, please speak to our fitness team or approach the class instructor prior to attending the class.

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