

CLASS SCHEDULE

DAY	CLASS	TIME	LOCATION	INSTRUCTOR
MONDAY	Spin	06.30–07.00	Spin Studio	Thomas
	Les Mills Body Pump	10.00–10.45	Studio 1	Janet
	Spin	11.00–11.45	Spin Studio	Jennie
	Aqua Aerobics	11.00–11.45	Pool	Janet
	Core & Stretch	11.00–11.30	Studio 1	Team
	Aqua Aerobics	12.00–12.45	Pool	Cara
	Yoga	12.30–13.30	Studio 1	Kimberley
	Tai Chi	12.30–13.30	Studio 2	Patsy
	CSB–FIT	17.30–18.00	Studio 1	Jennie
	Spin	17.45–18.15	Spin Studio	Thomas
	Les Mills Body Pump	18.30–19.15	Studio 1	Thomas
	Zumba	18.30–19.15	Studio 2	Cara
	Spin	18.45–19.15	Spin Studio	Jennie
	Pilates	19.30–20.30	Studio 1	Sheena
TUESDAY	Circuits	06.15–6.30	Studio 1	Team
	Pilates	09.45–10.45	Studio 1	Sheena
	Abs Attack	10.00–10.30	Studio 2	Team
	Spin	10.45–11.30	Spin Studio	Jennie
	Lbt	11.00–11.45	Studio 1	Team
	Yoga	12.00–13.00	Studio 1	Sara
	Circuits	17.15–17.45	Studio 1	Team
	Barre Pilates	17.30–18.30	Studio 2	Zoe
	Spin	18.00–18.45	Spin Studio	Jennie
	Les Mills Body Combat	18.00–18.45	Studio 1	Andrew
	Barre Pilates	18.30–19.30	Studio 2	Zoe
	Spin	19.00–19.30	Spin Studio	Jennie
	Yoga	19.30–20.30	Studio 1	Ronnie
WEDNESDAY	Spin	06.30–07.00	Spin Studio	Thomas
	Barre Pilates	09.00–09.45	Studio 2	Kimberley
	Aqua Aerobics	09.15 – 10.00	Pool	Andrew
	CSB–FIT	09.30–10.15	Studio 1	Jennie
	Barre Pilates	10.00–10.45	Studio 2	Kimberley
	Zumba	10.30–11.30	Studio 1	Maureen
	Yoga	11.45–12.45	Studio 1	Sara
	Tai Chi	12.30–13.30	Studio 2	Patsy
	Spin	17.30–18.15	Spin Studio	Thomas
	Abs Attack	18.30–19.00	Studio 2	Team
	Les Mills Body Pump	18.30–19.15	Studio 1	Thomas
	Spin	19.30–20.00	Spin Studio	Thomas
	Pilates	19.30–20.30	Studio 1	Sheena
THURSDAY	Circuits	06.30–7.00	Studio 1	Team
	Step Pump	09.45–10.45	Studio 1	Maureen
	Spin	10.00–10.30	Spin Studio	Jennie
	Pilates	11.00–12.00	Studio 1	Sheena
	Low Impact Circuits	12.15–12.45	Studio 1	Team
	CSB–FIT	17.30–18.00	Studio 1	Jennie
	Barre Pilates	17.30–18.30	Studio 2	Zoe
	Kinisi Flow	18.15–19.15	Studio 1	Toni
	Barre Pilates	18.30–19.30	Studio 2	Zoe
	Yoga	19.30–20.30	Studio 1	Ronnie
	Spin	18.15–19.00	Spin Studio	Jennie
FRIDAY	Circuits	06.15–06.45	Studio 1	Team
	Aqua Aerobics	08.30–09.15	Pool	Cara
	Barre Pilates	09.00–09.45	Studio 2	Kimberley
	Core & Stretch	09.15–09.45	Studio 1	Team
	Barre Pilates	10.00–10.45	Studio 2	Kimberley
	Cardio Combat	10.00–10.45	Studio 1	Janet
	Aqua Aerobics	11.00–11.45	Pool	Janet
	Spin	11.00–11.45	Spin Studio	Jennie
	Yoga	11.00–12.00	Studio 1	Kimberley
	Tai Chi	12.30–13.30	Studio 2	Patsy
	Circuits	18.10–18.45	Studio 1	Ian
	Zumba	19.00–19.45	Studio 1	Cara
SATURDAY	Spin	08.45–09.45	Spin Studio	Jennie
	Spin	10.00 – 10.45	Spin Studio	Jennie
	Yoga	10.30–11.30	Studio 1	Jackie
SUNDAY	Spin	10.00–10.45	Spin Studio	Ian
	Kinisi Flow	11.00–12.00	Studio 1	Toni
	Yoga	12.15–13.15	Studio 1	Kimberley
	Strength Circuit	17.15–17.45	Studio 1	Team
	Yoga	18.00–19.00	Studio 1	Sara

Class attendances are regularly monitored & may be subject to change. Classes must have a minimum of 4 persons booked to take place.

For the most up-to-date class timetable, we recommend checking your app, which will reflect any live changes or updates. Thank you.

HEALTH CLUB

AT BOWFIELD