

IN-PERSON INSTRUCTOR CLASSES 15 JANUARY TO 5 APRIL

Book and cancel all classes through your online account.



MONDAY



8am

10.30am

Oli

12.15pm 30' Annette



Jeni





7.30pm Sarah







1.15pm Liz

Yoga

Pilates



5.30pm

Naomi





6.30pm Naomi

Hayley





45 12.15pm Hayley



1.15pm

12.15pm

1.15pm

LesMills

Naomi

Jeni

Hayley



45













Pilates



WEDNESDAY

Yoga 45' 7.45am

Naomi

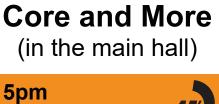
12.15pm

Naomi

Naomi









Kealy





Gina





FRIDAY

LesMills **BODYPUMP**

50'

LesMills **BODYBALANCE**

50'



4.45pm 30' **Pilates**

5.30pm Gina

Legs, Bums, and Tums

6.30pm 45'

SATURDAY

LesMills **BODYPUMP** 9.15am 50'

10.15am 50 Naomi



11.30am 50' Hayley

SUNDAY

Yoga 11am 45 Daniela

Group Exercise in the dance studio at the Sports Centre

Group Exercise in the halls at the **Sports Centre**

