FITNESS AND DANCE CLASSES
16 JUNE TO 4 AUGUST

MONDAY
- 7.45am: Virtual RPM
- 9am: Virtual Barre
- 10am: Virtual Body Balance
- 12.15pm: Vinyasa Yoga
- 1.15pm: Self Defence
- 2.30pm: Virtual BodyAttack
- 4.30pm: Virtual LesMills Core
- 5.30pm: Pure Pilates
- 6.30pm: Virtual Barre
- 7.30pm: Virtual Body Combat

TUESDAY
- 7.45am: Virtual RPM
- 9am: Virtual LesMills Barre
- 10am: Virtual Body Balance
- 12.15pm: Core and More (in the main hall)
- 1.15pm: Pure Pilates
- 1.15pm: Core and More
- 2.30pm: Virtual LesMills SHBAM
- 3.30pm: Virtual Barre
- 5.30pm: Virtual Barre
- 5.30pm: Virtual Pure Pilates
- 6.30pm: Virtual Barre
- 7.30pm: Virtual RPM

WEDNESDAY
- 7.45am: Virtual RPM
- 9am: Virtual Barre
- 10am: Virtual LesMills BodyBalance
- 12.15pm: Pure Pilates
- 1.15pm: Pure Pilates
- 2.15pm: Virtual Barre
- 4.30pm: Virtual LesMills Barre
- 5.30pm: Virtual Barre
- 6.30pm: Indoor Cycling
- 7.30pm: Virtual Barre

THURSDAY
- 7.45am: Virtual RPM
- 9am: Virtual LesMills BodyBalance
- 10am: Virtual LesMills BodyBalance
- 12.15pm: Body Blast
- 1.15pm: Power Pilates
- 2.15pm: Core and More (in the main hall)
- 5pm: Virtual Barre
- 5.30pm: Dance Mix
- 6.30pm: Pilates, Bands, and Balls
- 7.30pm: Virtual RPM

FRIDAY
- 7.30am: Virtual RPM
- 9am: Virtual LesMills BodyPump
- 10am: Virtual Barre
- 12.15pm: Virtual LesMills BodyBalance
- 1.15pm: Virtual LesMills BodyBalance
- 2pm: Virtual Barre
- 4pm: Virtual Barre
- 5.30pm: Virtual Barre
- 6.30pm: Virtual Barre
- 7.30pm: Virtual RPM

SATURDAY
- 11.30am: Virtual RPM
- 12.30pm: Virtual Barre
- 2pm: Virtual LesMills BodyBalance
- 3pm: Virtual LesMills BodyBalance
- 4pm: Virtual LesMills Core
- 5pm: Virtual Barre

SUNDAY
- 11am: Virtual LesMills BodyBalance
- 12.15pm: Virtual LesMills BodyBalance
- 1.15pm: Virtual LesMills RPM
- 2pm: Virtual LesMills BodyBalance
- 3pm: Virtual LesMills Core
- 4pm: Virtual LesMills Barre