



# HEALTH & FITNESS

## GROUP EXERCISE:

Studio Work W/C 15<sup>th</sup> November – Temporary Timetable

### MONDAY

<u>CLASS</u>	<u>VENUE</u>
07:15 – 07:45	CIRCUITS* - Fitness GYM FLOOR
12:15 – 13:00	YIN YOGA* - Moira PRESS ROOM
12:00 – 13:00	TOTAL BODY - Claire STUDIO 2
17:30 – 18:00	CIRCUITS* - Fitness GYM FLOOR
17:45 – 18:30	BARBELL - Danny STUDIO 2
18:00 – 18:30	CYCLE FIT* - Danny CYCLE STUDIO
18:15 – 18:35	CORE* - Fitness GYM FLOOR
18:45 – 19:30	BARBELL - Danny STUDIO 2

### TUESDAY

<u>CLASS</u>	<u>VENUE</u>
07:15 – 07:45	CIRCUITS* - Fitness GYM FLOOR
09:30 – 10:00	CORE* - Fitness GYM FLOOR
12:15 – 13:00	ZUMBA* - Angela G SPORT HALL 2
12:00 – 12:45	CYCLE FIT* - Claire CYCLE STUDIO
17:30 – 18:00	CIRCUITS* - Fitness GYM FLOOR
18:00 – 18:30	CYCLE FIT - Tracy CYCLE AREA
18:15 – 18:35	CORE* - Fitness GYM FLOOR
18:45 – 19:30	PILATES - Angela K PRESS ROOM

### WEDNESDAY

<u>CLASS</u>	<u>VENUE</u>
07:15 – 07:45	CIRCUITS* - Fitness GYM FLOOR
12:15 – 13:00	YOGA* - Moira STUDIO 2
17:30 – 18:00	CIRCUITS* - Fitness GYM FLOOR
18:00 – 18:30	CYCLE FIT* - Danny CYCLE STUDIO
18:15 – 18:35	CORE* - Fitness GYM FLOOR
18:45 – 19:30	X-FIT - Danny STUDIO 2

### THURSDAY

<u>CLASS</u>	<u>VENUE</u>
07:15 – 07:45	CIRCUITS* - Fitness GYM FLOOR
09:30 – 10:45	BARBELL - Danny STUDIO 2
12:15 – 13:00	X-FIT - Danny STUDIO 2
17:30 – 18:00	CIRCUITS* - Fitness GYM FLOOR
18:15 – 18:35	CORE* - Fitness GYM FLOOR

### FRIDAY

<u>CLASS</u>	<u>VENUE</u>
07:15 – 07:45	CIRCUITS* - Fitness GYM FLOOR
08:30 – 09:15	YOGA* - Moira PRESS ROOM
09:30 – 10:15	CYCLE FIT* - Danny CYCLE STUDIO
12:00 – 12:45	BARBELL - Claire STUDIO 2
12:15 – 13:00	PILATES - Angela K PRESS ROOM
17:30 – 18:00	CIRCUITS* - Fitness GYM FLOOR
18:15 – 18:35	CORE* - Fitness GYM FLOOR

### SATURDAY

<u>CLASS</u>	<u>VENUE</u>
08:30 – 09:00	CIRCUITS* - Fitness GYM FLOOR
09:30 – 10:15	PILATES - Angela K PRESS ROOM

### SUNDAY

<u>CLASS</u>	<u>VENUE</u>
08:30 – 09:00	CIRCUITS* - Fitness GYM FLOOR
09:15 – 10:00	CYCLE FIT - Tracy CYCLE STUDIO

\*Denotes classes that juniors +13 can attend.