

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Peak	6:15 AM	EASTER MONDAY & TUESDAY :		MET-CON	BODYPUMP/CX	MET-CON		
	6:30 AM				AQ-TONE	RPM		
	8:15 AM							
Off - Peak	9:15 AM	YOGA	PILATES	BODYPUMP/CX	YOGA	PILATES	BODYPUMP (60 mins)	
		RPM	RPM					
	10:15 AM	KETTLEBELL	KETTLEBELL	KETTLEBELL	KETTLEBELL	HIT-FIT (45 mins)		
			AQ-FIT	AQ-GENTLE	AQ-GENTLE	AQ-GENTLE		
	11:15 AM							
		PILATES	PILATES	PILATES	PILATES	KETTLEBELL		
	11:40 AM				AQ-GENTLE (Programs Pool)			
	12:15 PM					PILATES	AQ-GENTLE (Programs Pool)	
1:00 PM			PILATES					
Evening Peak	5:00 PM	BODYPUMP/CX (50 min)	RPM (45 min)					
	5:30 PM			BODYPUMP (45 min)	YOGA (45 min)	Easter Opening Hours: Good Friday: Closed Easter Saturday, Sunday, Monday & Tuesday: 8:00am - 6:00pm		
					RPM			
	6:20 PM			CX WORX	MET-CON			
6:30 PM				AQ-FIT				

Group Fitness Studio

30/45/ 60 mins	BODYPUMP	The original barbell class to music, which strengthens your entire body. This workout will challenge all of your major muscle groups using weight-room exercises such as squats, presses, lifts and curls. 30 min and 45 min formats to suit your workout time.
50 mins	BODYPUMP /CX	A combination class - 30 mins of BodyPump followed by targeted core conditioning to maximise your workout time. It won't be easy, but it will be worth it!
30 mins	CX WORX	Exercising muscles around the core, CXWORX provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together.
50 mins	KETTLEBELL	For all ages and abilities, discover the benefits of this Russian training regime for improving movement patterns, breathing and posture. Basix will safely guide you through the movement patterns before embarking on our more intensive kettlebell workouts.
45 mins	MET-CON	Met-Con (Metabolic Conditioning) is a high intensity workout, designed to help you improve your sports performance or desired physique. This type of training increases excess post oxygen consumption (EPOC), which leaves you burning calories hours after your workout is complete!
30/45 mins	HIT-FIT	A boxing class that does it all - weight loss, toning and strength. Classes include boxing combos, cardio drills and specific boxing exercises. Options suitable for beginners through to advanced offered in all classes.
45/50 mins	YOGA	Yoga is an ancient art that is based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with their environment.
45/50 mins	PILATES	Our Pilates classes provide body toning by stretching and strengthening all major muscles groups in a balanced fashion. We focus on concentration and breath to control muscle movements and improve core strength, while improving flexibility and overall wellbeing.

Cycle Studio

30/45 mins	RPM	The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain through hills, flats, mountain peaks, time trials and interval training. Discover your inner athlete - sweat and burn to reach your endorphin high.
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Aquatic Classes

50 mins	AQ-FIT	This class will have you splashing your way to a better body. With a focus on deep core and pelvic floor exercises, along with cardio and muscle fitness, it is perfect for all fitness levels, whether you're a beginner, a non-swimmer or an athlete!
50 mins	AQ-TONE	Every now and then, participants need to be reminded that training in the swimming pool offers numerous benefits for all fitness levels. Based on speed, power and strength rather than rhythm and choreography, AQUA-TONE incorporates interval training, deep water drills, power drills, speed bursts and strength exercises. While this class requires no coordination, it does demand a lot of stamina and is great for members who need a new challenge and prefer hard, athletic workouts.
40 mins	AQ-GENTLE	Unload your joints and increase your range of movement, balance and mobility. A gentle, supportive class suitable for all fitness levels and designed specifically for older adults.

TRAINING TIP:

We aim to structure our timetable so it gives you training options that you can do back to back. By doing this you are giving yourself the best opportunity to get the desired results you are after. Next time you are in why not try giving two consecutive classes a go. You might surprise yourself!