

CLASS SCHEDULE

DAY	CLASS	TIME	LOCATION	INSTRUCTOR
MONDAY	Spin	06.30-07.00	Spin Studio	Team
	Elavate	09.30-10.00	Studio 1	Team
	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	11.45-12.15	Studio 1	Team
	Aqua Aerobics	12.00-12.45	Pool	Andrew
	Yoga	12.30-13.30	Studio 1	Kimberley
	Tai Chi	12.30-13.30	Studio 2	Patsy
	Circuits	17.30-18.05	Studio 1	Team
	Spin	17.45-18.15	Spin Studio	Thomas
	Les Mills Body Pump	18.30-19.15	Studio 1	Thomas
	Spin	18.45-19.15	Spin Studio	Jennie
	Pilates	19.30-20.30	Studio 1	Sheena
TUESDAY	Circuits	06.45-07.15	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	17.30-18.00	Studio 1	Team
	Spin	18.00-18.45	Spin studio	Jennie
	Les Mills Body Attack	18.05-18.50	Studio 1	Andrew
	Spin	19.00-19.30	Spin Studio	Team
	Yoga	19.00-20.00	Studio 1	Ronnie
	WEDNESDAY	Spin	06.30-07.00	Spin studio
Barre Pilates		09.00-09.45	Studio 2	Kimberley
Bowfield Pump		09.30-10.15	Studio 1	Team
Barre Pilates		10.00-10.45	Studio 2	Kimberley
Zumba		10.30-11.30	Studio 1	Maureen
Core & Stretch		11.45-12.15	Studio 1	Team
Tai Chi		12.30-13.30	Studio 1	Patsy
Attack		17.15-18.00	Studio 1	Andrew
Spin		18.30-19.00	Spin studio	Team
Les Mills Body Pump		18.30-19.15	Studio 1	Thomas
Spin		19.30-20.15	Spin studio	Thomas
Pilates		19.30-20.30	Studio 1	Sheena
THURSDAY		Functional	07.00-07.30	Studio 1
	Spin	09.30-10.00	Spin Studio	Team
	Step Pump	09.45-10.45	Studio 1	Maureen
	Pilates	11.00-12.00	Studio 1	Sheena
	Legs Bums & Tums	12.15-12.45	Studio 1	Team
	Hiit	17.30-18.00	Studio 1	Team
	Spin	18.00-18.45	Spin Studio	Cheryl
	Core	18.15-18.45	Studio 1	Team
	Yoga	19.00-20.00	Studio 1	Ronnie
	Spin Cross	19.00-19.45	Spin Studio	Jennie
	FRIDAY	Circuits	06.45-07.15	Studio 1
Barre Pilates		09.00-09.45	Studio 2	Kimberley
Legs Bums & Tums		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
Abs Attack		12.00-12.30	Studio 2	Team
Tai Chi		12.30-13.30	Studio 1	Patsy
Hiit		17.25-17.55	Studio 1	Team
Les Mills Body Pump		18.00-18.45	Studio 1	Kirsteen
Spin Endurance		18.00-18.45	Spin Studio	David
Zumba		19.00-19.45	Studio 1	Cara
Spin		19.15-19.45	Spin Studio	Team
SATURDAY	LBT	09.45-10.15	Studio 1	Team
	Spin	09.00-09.45	Spin Studio	Jennie
	Spin	10.00-11.00	Spin Studio	Jennie
	Yoga	10.30-11.30	Studio 1	Jackie
	Family Bootcamp	11.45-12.30	Studio 1	Team
	Spin	14.15-14.45	Spin Studio	Team
SUNDAY	BTS Express	08.30-09.15	Studio 1	Andrew
	Spin Endurance	10.00-10.45	Spin Studio	Team
	Elavate	11.15-11.45	Studio 1	Team
	Kinisi Flow	12.00-13.00	Studio 1	Toni
	Yoga	13.30-14.30	Studio 1	Kimberley

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

HEALTH CLUB

AT BOWFIELD