

HEALTH CLUB CLASS SCHEDULE

STARTING 5TH OCTOBER 2026

MONDAY

Time	Class	Venue
7am – 7:45am	Full Body Workout	Studio
9:15am – 10am	Spin & Tone	Studio
10am – 10:30am	Super Seniors	Studio
11am – 11:45am	Aqua Aerobics	Pool
7:00pm – 8:00pm	Spin & Core	Studio

TUESDAY

Time	Class	Venue
9:15am – 9:45am	Sprint Spin	Studio
09:45am -10:15am	Strength Training	Studio
10am-11am	Yoga (Course)	Business Centre
7:00pm – 7:30pm	Full Body Workout	Studio
7:30pm-8:00pm	Sprint Spin	Studio

WEDNESDAY

Time	Class	Venue
7am – 7:45am	Full Body Workout	Studio
9:15am – 10am	Strength Training	Studio
10am – 10:30am	Super Seniors	Studio
11am – 11:45m	Aqua Aerobics	Studio
7pm – 8:00pm	Spin & Tone	Studio

THURSDAY

Time	Class	Venue
9:15am – 9:45am	Spin	Studio
9:45am – 10:15am	Strength & Core	Studio
10:15am - 10:45am	Stretch Class	Studio
7pm – 7:30pm	Strength And Conditioning	Studio
7:30pm – 8:00pm	HITT	Studio

FRIDAY

Time	Class	Venue
7am – 7:45am	Full Body Workout	Studio
9:15am – 10am	Spinning	Studio
10am – 10:30am	Super Seniors	Studio
11am – 11:45am	Aqua Aerobics	Pool
7:00pm-7:30pm	Begin to Spin	Studio

SATURDAY

Time	Class	Venue
9:30am – 10:30am	Yoga	
10.00am – 10:45am	Pump	Studio

SUNDAY

Time	Class	Venue
9.00am-9:45am	Spin & Tone	Studio