

# ADULT'S CLASS TIMETABLE - FROM APRIL 2025

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			WEEKENDS		
TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
<b>DANCE STUDIO</b>			<b>DANCE STUDIO</b>			<b>DANCE STUDIO</b>			<b>DANCE STUDIO</b>			<b>DANCE STUDIO</b>			<b>DANCE STUDIO - SUNDAY</b>		
09:15-10:15	Pilates	Claire	09:15-10:15	Pilates	Coach Roach	08:00-09:00	Hatha Yoga	Tracey	09:15-10:00	Step	Coach Roach	08:00-09:00	Hatha Yoga	Tracey	10:30-11:30	Mindful Meditation/Pilates	Anna-Claire/Trisha
10:15-11:00	Total Body Workout	Claire	10:15-11:45	Freestyle Fitness Yoga	Julie/Angela	09:15-10:15	Barre	Julie/Angela	10:00-11:00	Hatha Yoga	Tracey	09:15-10:00	Total Body Workout	Claire	12:30-13:30	Dance Class	Bethany
11:15-12:00	Zumba Gold	Claire	12:15-13:00	Functional Fitness	Ady	10:30-11:30	Stability Ball Class	Julie/Angela	11:15-12:00	Barre	Coach Roach	10:15-11:15	Pilates	Claire			
12:15-13:15	Pilates	Claire	19:00-20:30	Yoga	John	11:30-12:15	Aerobics	Coach Roach	12:15-13:00	Functional Lifestyle Fitness	Ady	11:15-12:00	Zumba Gold	Claire			
17:00-18:00	Legs Bums & Tums	Coach Roach				18:15-19:00	Pilates	Coach Roach	18:15-19:00	Total Body Workout	Coach Roach	12:15-13:15	Pilates	Claire	<b>OUTSIDE - SATURDAY</b>		
18:15-19:00	Kettlebells	Coach Roach				19:15-20:15	Zumba	Andrea	19:00-19:45	Kettlebells	Coach Roach	18:15-19:15	Latino Aerobics	Marica	11:00-12:00	Bootcamp	Fergus
19:15-20:15	Pilates	Rachel										19:15-20:15	OLIT	Marica	<b>OUTSIDE - SUNDAY</b>		
															11:00-12:00	Running Club ‡	Liam/Fergus
<b>BADMINTON HALL</b>			<b>BADMINTON HALL</b>			<b>BADMINTON HALL</b>			<b>BADMINTON HALL</b>			<b>BADMINTON HALL</b>			<b>BADMINTON HALL - SATURDAY</b>		
			10:15-11:15	Circuits	Gym Team	10:15-11:00	Inferno	Coach Roach	10:15-11:15	Circuits	Gym Team	10:15-11:15	Circuits	Gym Team	10:00-11:00	Strength & Conditioning	Dan
			19:15-20:15	Circuits	Gym Team	19:00-20:00	Hatton Boxing Fundamentals & Fitness	Ben	19:15-20:15	Circuits	Gym Team	18:30-19:30	Hatton Boxing Fundamentals & Fitness	Ben			
						20:00-21:00	Badminton Club	Members									
<b>SWIMMING POOL</b>			<b>SWIMMING POOL</b>			<b>SWIMMING POOL</b>			<b>SWIMMING POOL</b>			<b>SWIMMING POOL</b>			<b>SPINNING STUDIO SATURDAY</b>		
19:15-20:15	Aqua Aerobics	Coach Roach	10:30-11:30	Aqua Aerobics	Coach Roach	09:15-10:00	Deep Water Aqua Aerobics	Coach Roach	10:15-11:15	Aqua Aerobics	Coach Roach				08:00-08:45	Spinning <sup>PB</sup>	Dan
						19:15-20:00	Aqua Aerobics	Coach Roach							09:00-09:45	Spinning <sup>PB</sup>	Dan
<b>SPINNING STUDIO</b>			<b>SPINNING STUDIO</b>			<b>SPINNING STUDIO</b>			<b>SPINNING STUDIO</b>			<b>SPINNING STUDIO</b>			<b>SPINNING STUDIO SUNDAY</b>		
06:15-07:15	Virtual Spin <sup>PB</sup>		06:15-07:15	Virtual Spin <sup>PB</sup>		06:15-07:15	Virtual Spin <sup>PB</sup>		06:15-07:15	Virtual Spin <sup>PB</sup>		06:15-07:15	Virtual Spin <sup>PB</sup>		09:00-09:45	Spinning <sup>PB</sup>	Ady
18:00-18:45	Spinning <sup>PB</sup>	Gym Team	18:00-18:45	Spinning <sup>PB</sup>	Gym Team	18:00-18:45	Spinning <sup>PB</sup>	Gym Team	18:00-18:45	Spinning <sup>PB</sup>	Gym Team						
<b>TENNIS / SQUASH COURTS</b>			<b>TENNIS / SQUASH COURTS</b>			<b>TENNIS / SQUASH COURTS</b>			<b>TENNIS / SQUASH COURTS</b>			<b>TENNIS / SQUASH COURTS</b>			<b>TENNIS / SQUASH COURTS</b>		
19:00-21:00	Ladies Club Tennis	Members	19:00-21:00	Tennis Club Night	Mike	19:00-21:00	Mens Tennis Club	Mike									
19:00-21:00	Adult Squash Coaching	Fin	19:00-21:00	Adult Squash Coaching	Fin												

**SPINNING** An excellent cardio workout really burns the calories.

**AEROBIC BASED WORKOUTS** A mix from low to high impact fat burning cardiovascular exercises, some may include a step platform.

**STRENGTH, STRETCHING & FLEXIBILITY** A class of postures designed to strengthen and tone your body and increase flexibility.

**SKILL ACQUISITION CLASSES** Skills acquisition training.

**FUNCTIONAL LIFESTYLE FITNESS** Specially designed to match each classmember's ability & based around gentle exercise that will stretch but not over challenge.

**RESISTANCE CARDIO** Higher Impact classes using your own body resistance and free weights to enhance your workout.

