

CLASS TIMETABLE – AUGUST 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am – 9.30am HIIT Townsend Twins	9am – 9.30am Boot Camp Townsend Twins	9.30am – 10.15am Retro Aqua Debbie	9am – 9.30am Aqua HIIT Townsend Twins	8.00am – 08.30am Circuit Training Henry		
9.30am – 10.15am Gym Workout Townsend Twins	9.30am – 10.15am Body Conditioning Townsend Twins	9.30am – 10.30am Circuit Training Fay	9am – 9.25am Mobility Henry	9.30am – 10.30am 20/20/20 Sarah	9.30am -10.15am Good Morning Bootcamp (Outside) Greg	9.30am – 10.15am Sunday Funday Circuit (Outside) Greg
9.30am- 10.30am Yoga Sarah	10.15am - 10.45am Dance Fit Townsend Twins		9.30am – 9.55am Mobility Henry	10.30am – 11.15am Swiss Ball Sarah		10.30am – 11.00am Strong Greg/Henry
11am – 1.30pm Life Drawing	11.00am – 11.45am Aqua Townsend Twins		9.30am -10.15am Hula Hoop Townsend Twins	12.30pm – 1.00pm Aqua Mobility Henry		11 00 – 11 30am Stretch Greg/Henry
1.45pm – 2.45pm Pilates Sarah			10.15am – 11.00am Resistance Band Townsend Twins			
5.30pm – 6pm Metafit (Outside) Andy	5.45pm – 6.15pm Resistance Bands Townsend Twins					
6pm – 6.45pm Boot Camp (Outside) Andy	6.15pm – 7.00pm Circuit Townsend Twins	6 30pm – 7 00pm Glutey Booty Bootcamp Greg	6.30pm - 7.15pm ¾ OF A POWER HOUR Greg	6.30pm – 7.15pm Weekend Warm Up Greg		
6.45pm – 7.30pm Stretch Maisy	7.00pm – 7.30pm Stretch and Core Townsend Twins		6.30pm – 7.15pm Aqua Sarah			YELLOW = STUDIO GREEN = GYM RED = OUTSIDE
7.30 – 8 15pm Full Body Conditioning Claire	8.15pm – 9.00pm Legs & Booty Workout Maisy	7.00pm-7.30pm Boxfit Andy	7.30pm – 8.30pm Pilates Michelle			These classes must be paid and booked directly with the instructor.