

# STUDY + EXAM BREAK

Group Fitness Timetable Oct 30 - Nov 19

Studio	Time	MON	TUE	WED	THU	FRI	Studio	Time	SAT	SUN
Aerobic and Dance Studio	6.30am	AEROBIC STUDIO	DANCE STUDIO	AEROBIC STUDIO	DANCE STUDIO	AEROBIC STUDIO	Aerobic Studio	8.30	AEROBIC STUDIO	AEROBIC STUDIO
Aerobic, Dance Spin Studio	7.20am	AEROBIC STUDIO	DANCE STUDIO	SPIN STUDIO	DANCE STUDIO	SPIN STUDIO	Aerobic Studio	9:30	AEROBIC STUDIO	AEROBIC STUDIO
Aerobic Studio	9.05	AEROBIC STUDIO		AEROBIC STUDIO		AEROBIC STUDIO	Aerobic Studio	10:30	AEROBIC STUDIO	AEROBIC STUDIO
Aerobic Studio	12:05	AEROBIC STUDIO	AEROBIC STUDIO	AEROBIC STUDIO	AEROBIC STUDIO	AEROBIC STUDIO	<p>Classes FREE with membership, No bookings needed, just turn up, introduce yourself to our class instructor and have fun!</p> <p><b>Key: Intensity</b>   Low   Medium   High   All inclusive</p>			
Dance Studio (SPIN in Spin Studio)	12.15		DANCE STUDIO	DANCE STUDIO	DANCE STUDIO					
Aerobic Studio (SPIN in Spin Studio)	1.05	AEROBIC STUDIO	AEROBIC STUDIO	SPIN STUDIO	AEROBIC STUDIO	AEROBIC STUDIO				
Live in Dance Studio VIRTUAL in Aerobic Studio	3.20	AEROBIC STUDIO	AEROBIC STUDIO	AEROBIC STUDIO	AEROBIC STUDIO					
Aerobic Studio	4.20	AEROBIC STUDIO	AEROBIC STUDIO	AEROBIC STUDIO	AEROBIC STUDIO	AEROBIC STUDIO				
Sports Hall/ Dance Studio	5.15 or 5.20	5.20 SPORTS HALL		5.20 SPORTS HALL	5.15 DANCE STUDIO	5.20 SPORTS HALL				
Aerobic Studio	5.20	AEROBIC STUDIO	AEROBIC STUDIO	AEROBIC STUDIO	AEROBIC STUDIO	AEROBIC STUDIO				
Spin Studio	5:30	AEROBIC STUDIO	AEROBIC STUDIO	AEROBIC STUDIO	5.30pm Rec Foyer Meet					
Aerobic Studio	6:30pm	AEROBIC STUDIO	AEROBIC STUDIO	AEROBIC STUDIO	AEROBIC STUDIO	AEROBIC STUDIO				

GOOD LUCK FOR YOUR EXAMS  
#YOUVEGOTTHIS 💪

Fitness On Demand, virtual fitness classes, over 100 classes to choose from. Available for personal use outside of scheduled classes, see reception for first time use.

= VIRTUAL CLASSES