

Monday

06.30-22.00	ACTIVO Fitness Suite
10.00-11.00	Pilates
10.30-11.15	Core blitz
11-15-12.15	Tai Chi
12.30-13.15	Aqua Aerobics
18.00-18.45	Spinning*
19.00-19.45	Spinning*

Tuesday

06.30-22.00	ACTIVO Fitness Suite
10.30-11.30	Legs, Bums, Tums
13.00-14.00	Cardio rehab (referral class)
17.30-18.30	Zumba *
18.00-19.00	Boxercise*
19.15-20.15	Circuit Training *
20.30-21.30	Pilates

Wednesday

06.30-22.00	ACTIVO Fitness Suite
09.30-11.00	Yoga Improver
11.15-12.45	Yoga Beginner
10.30-11.15	Bar Blitz
11.15-11.45	Hula
12.30-13.00	Boot camp
17.00-17.45	Spinning
18.15-19.15	Step Up & Tone
19.30-20.15	Legs, Bums, Tums
20.30-21.15	Aqua Aerobics

Thursday

06.30-22.00	ACTIVO Fitness Suite
10.15-11.15	Tone Zone
11.15-12.00	Spinning
11.30-12.15	Aqua Aerobics
19.45-20.45	Pilates
18.30-19.15	Spinning*

Friday

06.30-22.00	ACTIVO Fitness Suite
09.30-10.00	Hula
10.30-11.00	Body ball
11.15-12.00	Legs, Bums, Tums
12.30-13.00	Boot camp
17.15-18.45	Yoga
19.00 +	Taster fitness class, see reception for details

Saturday

08.30-20.00	ACTIVO Fitness Suite
09.00-09.45	Spinning*
10.30-11.30	Zumba*

Customer Information

To avoid disappointment, please pre-book all applicable sessions. Bookings may be made up to 7 days in advance. For certain courses/ educational and outreach programmes, see information at the time. For cancellations, 24 hours notice must be given for casual bookings. Failure to do so will result in the full charge being applicable.

Please feel free to speak to an instructor if you have any medical issues that may affect you participating in the class.

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