

August to September 2018 Class Timetable

Day	Class or Course Name	Time (from-to)	Max No.	Components of Fitness
Monday	Pilates Fitness Chair Course (Advanced)	10:15-11:05	5	Core Strength, Balance & Flexibility
	Indoor Cycle PAYT	18:00-18:45	15	Cardiovascular Endurance & Leg Strength
	Fitness Fusion (Variable Intensity Intervals V.I.T.) PAYT	19:00-19:40	7	Strength, Agility, Power & Coordination
	Pilates Matwork & Biomechanics Course (Mixed)	19:50-20:45	8	Core Strength, Mobility, Balance & Flexibility
Tuesday	Strength Training Course (V.I.T.)	07:00-07:45	6	Strength, Mobility, Flexibility & Coordination
	Indoor Cycle PAYT	09:35-10:20	15	Cardiovascular Endurance & Leg Strength
	CrossCore®RBW Training Course ***NEW***	10:35-11:20	4	Strength, Muscle Endurance & Coordination
	Pilates Matwork & Biomechanics Course (Advanced)	12:20-13:15	8	Core Strength, Mobility, Balance & Flexibility
	Indoor Cycle PAYT	18:45-19:30	15	Cardiovascular Endurance & Leg Strength
	Core 3D Function & Strength Course	19:10-19:55	7	Core Strength, Mobility, & Coordination
Wednesday	Strength Training Course (V.I.T.)	07:00-07:45	6	Strength, Mobility, Flexibility & Coordination
	Pilates Matwork Course (Advanced)	09:15-10:15	8	Core Strength, Mobility, Balance & Flexibility
	Pilates Matwork ReGen & Biomechanics Course	10:25-11:25	8	Mobility, Flexibility, Balance & Core Strength
	Pilates Fitness Chair Strength Course	12:30-13:20	5	Strength, Balance & Flexibility
	Kettlebells PAYT	17:45-18:30	7	Strength, Muscle Endurance & Coordination
	Pilates Matwork PAYT	18:45-19:40	8	Core strength, Coordination, Balance & Flexibility
	Indoor Cycle PAYT	20:00-20:45	15	Cardiovascular Endurance & Leg Strength
Thursday	Strength Training Course (V.I.T.)	07:00-07:45	6	Strength, Mobility, Flexibility & Coordination
	SpinCore® PAYT	09:35-10:20	10	Cardiovascular Endurance & Core Strength
Friday	Strength Training Course (V.I.T.)	07:00-07:45	6	Strength, Mobility, Flexibility & Coordination
	Pilates Matwork PAYT	09:30-10:25	8	Core strength, Coordination, Balance & Flexibility
Saturday	Indoor Cycle PAYT	07:45-08:30	15	Cardiovascular Endurance & Leg Strength
	Kettlebells PAYT	08:45-09:30	7	Strength, Muscle Endurance & Coordination
Sunday	Seasonal Masterclasses & Courses ***NEW***			

Your Classes will be confirmed by Email & Text