

# THE LEISURE CLUB

## CARDEN PARK LEISURE CLUB – FITNESS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-9:45 Indoor Cycling with Gemma	9:30-10:15 Aqua fit with Kasia	9:15-10:15 HIIT with Shelley	9:30-10:15 Aqua Yoga with Vivienne	9:15-10:15 20,20,20 with Shelley	9:00-9:45 Indoor cycling with Kerryn	
10:00-10:30 HIIT with Gemma	09:15-10:15 Body sculpt and define Pilates with Maryanne	9:30-10:15 Aqua aerobics with Nicola	8:45-9:30 Indoor cycling with Alison	9:30-10:30 Aqua fit with kasia	10-10:30 Hiit yoga with kerryn	
10:45-11:30 Mobility and core With Gemma	10:15-11:15 Advanced Pilates with Maryanne	10:15-10:45 Pure Abs with Shelley	9:30-10:30 LBT with Mary	10:15-11:00 Pilates with Shelley		
	1:45-2:30 Aqua aerobics With Nicola	11:15-12:15 Beginners to intermediate Pilates with Maryanne	10:45-11:30 Stretch and Relax with Vivienne	12:00-12:45 Bodyweight circuits with Ben		
5:30-6:30 Outdoor Boot camp with Beth	6:00-6:45 Circuits With James Mac	12:30-1:30 Core Pilates with Maryanne	5:30-6:30 Yoga with Vivienne	1:00-1:45 Get lean with Ben		
6:30-7:15 Indoor cycling with Alan	6:00-6:30 Express Indoor cycling with Sharon	5:30-6:15 Kick Box fit with Shelly	6:45-7:30 Mac attack Circuit training			
	6:30-7:15 Zumba with Amanda	6:15-7:15 Step with Shelly		6:30-7:00 Indoor Cycling with Kerryn		
	6:45-7:30 Pump & tone with Sharon	7:30-8:15 Clubbercise with Amanda		6:15-7:15 Free Weights/HIIT with Mary		