

# THE LEISURE CLUB

## CARDEN PARK LEISURE CLUB – FITNESS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	06:40-07:25 Indoor cycling with Beth					
9:15-9:45 Indoor Cycling with Gemma	09:15-10:15 Body sculpt and define Pilates with Maryanne	9:15-10:00 HIIT Training with Shelley	9:00-9:30 Indoor cycling With Gemma	9:15-10:15 20,20,20 with Shelley	9:00-9:45 Indoor cycling with Kerryn	
10:00-10:45 HIIT with Gemma	9:30-10:15 Aqua fit with Kasia	9:30-10:15 Aqua aerobics with Nicola	9:30-10:15 Aqua Yoga with Vivienne	9:30-10:15 Aqua fit With Kasia	10:00-10:45 Yoga with Kerryn	
			9:30-10:30 LBT with Mary			
	10:15-11:15 Advanced Pilates w/Maryanne	10:00-11:00 20,20,20 with Shelly	10:45-11:30 Box and Burn with Gemma	10:15-11:00 Pilates with Shelley		
		11:00-11:30 Pure abs with Shelly				
11-12:00 Mobility and core with Gemma	11:15-12:15 Body sculpt and define Pilates with Maryanne	11:15-12:15 Beginners to intermediate Pilates with Maryanne	10:45-11:30 Yoga with Vivienne	11:00-11:45 Pilates with shelly		
		12:15-13:15 Core Pilates With Maryanne	11:30-12:15 Yoga with Vivienne			
	17:30-18:00 Express indoor cycling with Sharron	13:15-14:15 Beginners to intermediate Pilates with Maryanne				
18:30-19:15 Indoor cycling with Beth	18:00-18:45 Mac attack training with James	17:30-18:15 Kick box fit with Shelly	17:30-18:30 Yoga with Vivienne			
	18:15-19:00 Pump and tone with Sharon	18:15-19:00 Step with Shelly	18:45-19:30 Circuit training with James	18:00-18:30 Indoor Cycling with Kerryn		
	19:00-19:45 Zumba with Amanda	19:30- 20:15 With Amanda Clubbercise		18:00-19:00 Free Weights/HIIT with Mary		