

THE LEISURE CLUB

CARDEN PARK LEISURE CLUB – FITNESS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:40-7:10 Indoor cycling with Shelley	9:15-10:15 HIIT Training with Shelley	6:45-7:30 Spin with Will			
9:30-10:00 Indoor Cycling with Gemma	8:45-9:45 Body sculpt and define Pilates with Maryanne	9:15-10:00 Thai Chi with Melody	7:45-8:30 Kettle Pump with Dylan	9:15-10:15 20,20,20 with Shelley	9:00-9:45 Indoor cycling with Kerryn	
	9:30-10:15 Aqua fit with Kasia	09:30-10:15 Aqua aerobics with Kasia	9:00-9:45 Mr T's total tone with Terry	9:30-10:15 Aqua fit with Kasia		
10:05-10:50 HIIT with Gemma		10:05-10:50 Back Care with Melody	9:30-10:15 BAND-IT with Gemma	9:15-10:00 Dance Fit with Karen	10:00-10:45 Yoga with Kerryn	
10:55-11:15 Abs Blast - with the leisure team	9:45-10:45 Body sculpt and define Pilates with Maryanne	10:00-11:00 20,20,20 with Shelly	9:30-10:15 Aqua Yoga With Vivienne	10:15-11:00 Pilates with Shelley		
	10:25-11:10 HIIT with Will	11:00-11:30 Pure abs with Shelly	9:50-10:35 Mr T's total tone with Terry	10:30-11:15 Gentle Chair Yoga with Zoe		10:30-11:30 Yoga with Julia
11-12:00 Stability and Core with Gemma	10:45-11:45 Advanced Pilates w/Maryanne	11:00-11:45 MrT's Ultra Spin with Terry	10:20-11:05 HIIT with Gemma			11:30-12:30 Yoga with Julia
12:15-13:15 Yoga with Julia		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			
17:30-18:15 Mr T's total tone with Terry	17:30-18:00 Express indoor cycling with Sharon		17:30-18:30 Yoga with Vivienne			
18:20-19:05 Mr T's total tone with Terry	18:00-18:45 Mac Attack with James		17:45-18:15 Express indoor cycling with Sharon			
19:10-19:55 MrT's Meta HIIT with Terry	18:15-19:00 Pump and tone with Sharon		18:20-19:05 Pump and tone with Sharon	18:00-18:30 Indoor Cycling with Kerryn		
19:20-20:20 Yoga with Julia	19:00-20:00 Yoga with Julia	19:00-19:45 HIIT with Shelly	18:45-19:30 Mac Attack with James			
		19:50-20:35 Pilates with Shelly				

*Classes in **bold** can only be booked once that day*