

THE LEISURE CLUB

CARDEN PARK LEISURE CLUB – 2026 FITNESS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	06:40-07:10 Indoor cycling with Shelley	09:00-09:45 Thai Chi with Melody		08:45-09:15 Kendall's Conditioning with Tyler		
09:30-10:00 Indoor Cycling with Gemma	08:45-09:45 Body sculpt and define Pilates with Maryanne	09:15-10:15 HIIT Training with Shelley	08:00-08:45 Kettlebell's with Sharon	09:15-09:45 Spin Extreme with Saskia	09:00-09:45 Indoor cycling with Kerryn	
09:30-10:30 Chair Yoga with Zoe	09:30-10:15 Aqua fit with Kasia	09:30-10:15 Aqua aerobics with Kasia	09:00-09:45 Mr T's total tone with Terry	09:15-10:15 20,20,20 with Shelley		
10:05-10:50 HIIT with Gemma	09:45-10:45 Body sculpt and define Pilates with Maryanne	09:50-10:50 Functional Mobility with Melody	09:15-10:00 Body Conditioning with Sharon	09:15-09:45 Kendall's Conditioning with Tyler	10:00-10:45 Yoga with Kerryn	
10:55-11:15 Abs Blast - with the leisure team	10:15-11:00 HIIT with Tyler	10:00-11:00 20,20,20 with Shelly	09:30-10:15 Aqua Yoga with Vivienne	09:15-10:00 Dance Fit with Karen		
	10:45-11:45 Advanced Pilates w/Maryanne	10:00-10:45 Mr T's Ultra Spin with Terry	09:50-10:35 Mr T's total tone with Terry	09:30-10:15 Aqua fit with Kasia		10:30-11:30 Yoga with Paula
11:00-12:00 Stability and Core with Gemma		*11:00-11:30 Kettlebells with Shelley		10:15-11:00 Pilates with Shelley		
12:15-13:15 Yoga with Julia		11:15-12:15 Beginners to intermediate Pilates with Maryanne	10:45-11:45 Yoga with Vivienne	*11:00-11:45 Yogalates with shelly		
*18:20-18:50 Spin Extreme With Les		11:35-12:20 Pilates with Melody		11:00-12:00 Chair Yoga with Zoe		
17:30-18:15 Mr T's total tone with Terry	17:30-18:00 Express indoor cycling with Sharon	12:15-13:15 Core Pilates with Maryanne				
18:20-19:05 Mr T's total tone with Terry	18:05-18:50 Pump and tone with Sharon	17:30-18:15 HIIT with Shelly	17:45-18:15 Express indoor cycling with Sharon			
18:10-18:55 Fit Steps Dance with Viv		18:15-19:00 Pilates with Shelly	18:30-19:15 Circuit Blast with Sharon	18:00-18:30 Indoor Cycling with Kerryn		
19:00-19:45 LBT with Viv	19:00-20:00 Yoga with Julia		18:30-19:15 Yoga with Kerryn	18:40-19:40 Yoga stretch & flow with Zoe		
19:20-20:20 Yoga with Julia	Classes in bold can only be booked once that day. Classes marked with * are new					