

PLEASE NOTE YOU MUST BOOK SPIN CLASSES IN ADVANCE.  
All classes are PAY AS YOU GO, except GYM FLOOR CLASSES.  
Classes cannot be disturbed once started, so promptness is essential.  
All class numbers are monitored and subject to change. Thank You

- AEROBICS STUDIO
- GYM FLOOR
- JUDO DOJO

- KIDS
- SPORTS HALL
- POOL

**MONDAY**

<b>SPIN</b> (MISHAN)	<b>6:45AM-7:45AM</b>
<b>SPARTAN STRENGTH</b> (FITNESS TEAM)	<b>8:00AM-8:30AM</b>
<b>FLEX &amp; STRENGTH</b> (CAROL)	<b>9:30AM-10:30AM</b>
<b>YOUNG @ HEART</b> (LINDA)	<b>10:30AM-11:30AM</b>
<b>BODY PUMP</b> (EMMA)	<b>11:30AM-12:30PM</b>
<b>SPIN</b> (EMMA)	<b>12:30PM-13:30PM</b>
<b>SPARTAN CORE</b> (FITNESS TEAM)	<b>13:00PM-13:30PM</b>
<b>PILATES</b> (NICOLA)	<b>13:30PM-14:30PM</b>
<b>VICKY L SCHOOL OF DANCE</b> (VICKY & JEN)	<b>15:45PM-18:00PM</b>
<b>K. SPARTAN</b> (FITNESS TEAM)	<b>16:15PM-16:45PM</b>
<b>FAT BLAST</b> (BARTEK)	<b>18:15PM-19:15PM</b>
<b>METAFIT</b> (BARTEK)	<b>19:15PM-19:45PM</b>
<b>PILATES</b> (LISA)	<b>19:45PM-20:45PM</b>

**TUESDAY**

<b>SPIN</b> (BARTEK)	<b>6:45AM-7:45AM</b>
<b>SPARTAN CORE</b> (FITNESS TEAM)	<b>8:00AM-8:30AM</b>
<b>LBT</b> (KAYLEIGH)	<b>9:15AM-10:00AM</b>
<b>YOGA</b> (JEN)	<b>9:30AM-10:30AM</b>
<b>SPIN XPRESS</b> (KAYLEIGH)	<b>10:00AM-10:30AM</b>
<b>AEROBICS</b> (JANET)	<b>10:30AM-11:30AM</b>
<b>YOGA</b> (JEN)	<b>10:30AM-11:30AM</b>
<b>SPARTAN WARRIOR</b> (FITNESS TEAM)	<b>12:00PM-12:30PM</b>
<b>VICKY L SCHOOL OF DANCE</b> (VICKY & JEN)	<b>15:45PM-18:00PM</b>
<b>BODY PUMP</b> (JULIE)	<b>18:00PM-19:00PM</b>
<b>KETTLEBELLS</b> (FITNESS TEAM)	<b>19:00PM-19:30PM</b>
<b>POWER YOGA</b> (JOHN)	<b>19:00PM-20:00PM</b>

**WEDNESDAY**

<b>SPIN</b> (KEVIN)	<b>7:00AM-8:00AM</b>
<b>SPARTAN STRENGTH</b> (FITNESS TEAM)	<b>8:00AM-8:30AM</b>
<b>SPIN</b> (EMMA)	<b>9:15AM-10:15AM</b>
<b>STRETCH &amp; FLEX</b> (RITA JANE)	<b>10:15AM-11:15AM</b>
<b>YOUNG @ HEART</b> (RITA JANE)	<b>11:15AM-12:15PM</b>
<b>SPARTAN CORE</b> (FITNESS TEAM)	<b>12:30PM-13:00PM</b>
<b>K. SPARTAN</b> (FITNESS TEAM)	<b>16:15PM-16:45PM</b>
<b>ASHTANGA YOGA</b> (LORRAINE)	<b>18:00PM-19:00PM</b>
<b>BODY PUMP</b> (JULIE)	<b>19:00PM-20:00PM</b>
<b>BOOTCAMP</b> (JOHN)	<b>19:00PM-20:00PM</b>
<b>SPIN XPRESS</b> (GAIL)	<b>20:00PM-20:30PM</b>
<b>METAFIT</b> (GAIL)	<b>20:30PM-21:00PM</b>

**THURSDAY**

<b>SPIN</b> (BARTEK)	<b>7:00AM-8:00AM</b>
<b>SPARTAN R.I.P.P.E.D</b> (FITNESS TEAM)	<b>8:00AM-8:30AM</b>
<b>SPIN</b> (CAROL)	<b>9:15AM-10:00AM</b>
<b>BODY PUMP</b> (EMMA)	<b>10:00AM-11:00AM</b>
<b>AEROBICS</b> (JANET)	<b>11:00AM-12:00PM</b>
<b>YOGA</b> (JENNY)	<b>11:00AM-12:00PM</b>
<b>AQUA AEROBICS</b> (NICOLA)	<b>11:00AM-12:00PM</b>
<b>TAI CHI</b> (LEE)	<b>12:00PM-13:00PM</b>
<b>PILATES</b> (ANN MARIE)	<b>13:00PM-14:00PM</b>
<b>VICKY L SCHOOL OF DANCE</b> (VICKY & JEN)	<b>16:00PM-18:00PM</b>
<b>K-SPARTAN</b> (FITNESS TEAM)	<b>16:15PM-16:45PM</b>
<b>KETTLEBELLS</b> (FITNESS TEAM)	<b>18:15PM-18:45PM</b>
<b>HIIT</b> (EMMA)	<b>18:15PM-19:00PM</b>
<b>SPIN XPRESS</b> (EMMA)	<b>19:00PM-19:30PM</b>
<b>YOGA</b> (LORRAINE)	<b>20:00PM-21:00PM</b>

**FRIDAY**

<b>SPIN</b> (MISHAN)	<b>6:45AM-7:45AM</b>
<b>SPARTAN WARRIOR</b> (FITNESS TEAM)	<b>7:30AM-8:00AM</b>
<b>YOGA</b> (JEN)	<b>8:00AM-9:00AM</b>
<b>BODY COND.</b> (RITA JANE)	<b>9:15AM-10:00AM</b>
<b>STEP</b> (RITA JANE)	<b>10:00AM-11:00AM</b>
<b>YOGA CORE FUSION</b> (JEN)	<b>10:30AM-11:30AM</b>
<b>YOUNG @ HEART</b> (EMMA)	<b>11:00AM-12:00PM</b>
<b>LBT</b> (KAYLEIGH)	<b>12:00PM-12:45PM</b>
<b>SPARTAN CORE</b> (FITNESS TEAM)	<b>13:00PM-13:30PM</b>
<b>FUN CRAZE</b> (JULIE)	<b>16:15PM-17:00PM</b>
<b>SPARTAN R.I.P.P.E.D</b> (FITNESS TEAM)	<b>18:00PM-18:30PM</b>
<b>BODY PUMP</b> (JULIE)	<b>18:00PM-19:00PM</b>

**SATURDAY**

<b>YOGA</b> (JEN)	<b>8:45AM-9:45AM</b>
<b>BODY PUMP</b> (LYNN)	<b>10:00AM-11:00AM</b>
<b>K-SPARTAN</b> (FITNESS TEAM)	<b>10:30AM-11:00AM</b>
<b>SPARTAN STRENGTH</b> (FITNESS TEAM)	<b>11:00AM-11:30AM</b>
<b>FIT5</b> (JOHN)	<b>11:30AM-12:30PM</b>

**SUNDAY**

<b>YOGA</b> (CAROLE)	<b>9:00AM-10:00AM</b>
<b>BOXFIT</b> (BARTEK)	<b>10:00AM-10:45AM</b>
<b>K-SPARTAN</b> (FITNESS TEAM)	<b>10:30AM-11:00AM</b>
<b>SPIN</b> (BARTEK)	<b>10:45AM-11:30AM</b>
<b>SPARTAN WARRIOR</b> (FITNESS TEAM)	<b>11:00PM-11:30AM</b>
<b>METAFIT</b> (BARTEK)	<b>11:30AM-12:00PM</b>