

Members Timetable 10/01/22-03/04/22

Time	Class	Location <small>In-Person/Online/Hybrid</small>	Instructor
Monday			
0630-0715 <small>(option to leave at 0700)</small>	Fatburn	Hall	Bryan
0700-0730	Metafit/Power Step <small>(alt. weeks)</small>	FB Live	Leanne
0905-0935	HIIT Mashup	Studio	Leanne
0945-1015	Posture&Conditioning	Studio	Leanne
1750-1820	Conditioning/Core Creations <small>(alt. weeks)</small>	FB Live/Zoom	Leanne
1800-1840	All Over Body Circuits	Studio	Nicola
1825-1905	Totally Shredded/High Energy Aerobics <small>(alt. weeks)</small>	FB Live	Leanne
1845-1925	Coreflex (Friskis&Svettis)	Studio	Jackie
Tuesday			
0715-0745	Step Aerobics/Dance Aerobics <small>(alt. weeks)</small>	FB Live	Leanne
0750-0820	Class of the Week	Fb Live/Zoom	Leanne
0905-0935	Metafit	Studio	Lynne
0935-1005	Core Creations	Studio	Lynne
1345-1430	Dans (Friskis&Svettis)	Hall	Jackie
1750-1830	Lower Body and Core/Upper Body and Core <small>(alt. weeks)</small>	Zoom	Leanne
1755-1825	Combat HIIT	Studio	Isla
1830-1900	HIITstep	Studio	Isla
1835-1905	Deep Stretch	FB Live	Leanne
1905-1950	Strength&Core	Studio	Isla
Wednesday			
0630-0700	HIIT of the Day	Hall	Gemma
0645-0725	HIIT Strength	Zoom	Leanne
0905-1000	Strength	Studio	Nicola
1810-1855	Zumba	Hall	Sue/Jeananne
1830-1915	Bootcamp	Summerhill Park	Leanne
1930-2015	Rig Circuits <small>(starts 2nd Feb)</small>	Outdoor Rig Area	Gemma
Thursday			
0735-0805	CombatHIIT/CardioEndurance <small>(alt. weeks)</small>	FB Live	Leanne
0915-0955	Power Step and Core/Totally Shredded <small>(alt weeks)</small>	Hall	Leanne

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1010-1050	Jympa/Dance Aerobics	Hall	Jackie/Leanne
1800-1835	HIIT Mashup/ CombatHIIT&Core(alt.weeks)	FB Live	Leanne
1800-1830	HIITcardio	Studio	Isla
1835-1930	Strength	Studio	Isla
1840-1915	Pilates/Conditioning (alt. weeks)	Zoom/FB Live	Leanne
Friday			
0630-0700	Metafit	Hall	Gemma
0825-0855	Mobility	FB Live	Leanne
0900-0930	Power Step/Metafit (alt. weeks)	FB Live	Leanne
0940-1010	Spin (1 st Friday of each month)	FB Live	Leanne
0905-0945	Legs, Bums and Tums	Hall	Lynne
0945-1015	Yoga	Hall	Lynne
1345-1430	Zumba Gold	Hall	Jackie
1745-1825	Strength	Zoom	Leanne
1835-1915	Totally Shredded	Hall	Leanne
Saturday			
1015-1100	Outdoor Rig and Functional Skills (last Saturday of each month)	Outdoor Rig Area	Kym
Sunday			
1015-1100	Outdoor Rig and Functional Skills (second Sunday of each month)	Outdoor Rig Area	Leanne