

Fitness on the hill

Classes are available to book via the FitSense App - 7 days in advance from 7am in the morning.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ZUMBA 09:15 - 10:15 STELLA DANCE STUDIO	STEAEROBICS 09:15 - 10:15 TERRI DANCE STUDIO	BodyBeat 08.15 - 09.00 LYDIA DANCE STUDIO	AEROTONE 09:15 - 10:15 TERRI DANCE STUDIO	STEP 'n' SCULPT 09:00 - 09:45 TERRI DANCE STUDIO	SPINNING 08:30 - 09:15 PAUL DANCE STUDIO
AQUACISE 9:15 - 10:15 BEV POOL	PILATES 10:15 - 11:00 NADIA POOLSIDE STUDIO	Legs,Bum,Tums 09:15 - 10:00 COURTNEY DANCE STUDIO	coreMOBILITY 10:30 - 11:15 COURTNEY DANCE STUDIO	YOGA 10:00 - 11:00 AMY POOLSIDE STUDIO	KETTLEBELLS 09:30 - 10:15 PAUL DANCE STUDIO
YOGA 10:15 - 11:15 LINDSAY J POOLSIDE STUDIO	AEROFIT 10:30 - 11:15 JULIA DANCE STUDIO	YOGA 10:45 - 11:45 AMY POOLSIDE STUDIO		ZUMBA 11:15 - 12:15 BEV DANCE STUDIO	PILATES 10:30 - 11:30 PAUL DANCE STUDIO
LEARN to LIFT 10:30 - 11:15 COURTNEY DANCE STUDIO	PILATES 11:00 - 11:45 NADIA POOLSIDE STUDIO	ZUMBA 10:45 - 11:45 STELLA DANCE STUDIO		AQUACISE 14:00 - 15:00 BEV POOL	
YOGA 11:15 - 12:15 LINDSAY J POOLSIDE STUDIO	BODY TONE 11:30 - 12:15 Julia DANCE STUDIO				SUNDAY
AQUACISE 14:00 - 15:00 BEV POOL	FITNESS PILATES 12:30 - 13:15 STELLA DANCE STUDIO	HIIT 18:00 - 18:45 JAMES DANCE STUDIO	PILATES 17:45 - 18:30 NADIA POOLSIDE STUDIO		PILATES 09:30 - 10:15 NADIA DANCE STUDIO
SPINNING 18:00 - 18:45 PAUL POOLSIDE STUDIO		VINYASA YOGA 17.30 - 18:30 EMMA POOLSIDE STUDIO	SPINNING EXPRESS 18:00 - 18:30 PAUL DANCE STUDIO		PILATES 10:15 - 11:00 NADIA DANCE STUDIO
METABURN 18:00 - 18:45 JAMES DANCE STUDIO	BodyBeat 18:30 - 19:15 LYDIA DANCE STUDIO	HATHA YOGA 18:15 - 19.15 EMMA POOL SIDE STUDIO	KETTLEBELLS HIIT 18:30 - 19:15 PAUL DANCE STUDIO		
ABS BLAST 18:45 - 19.15 PAUL DANCE STUDIO		AQUACISE 19:00 - 20:00 BEV POOL	PILATES 18:30 - 19:15 NADIA POOLSIDE STUDIO		
SPINNING EXPRESS 19:15 - 20:00 PAUL DANCE STUDIO		ZUMBA 19:00 - 20:00 STELLA DANCE STUDIO	SPINNING EXPRESS 19:00 - 19:30 PAUL DANCE STUDIO		

Please note persistent late cancellations & no shows, will incur a 2 weeks ban.

PLEASE NOTE NEW CLASSES START WEEK COMMENCING 9TH FEBUARY AND NEW YOGA CLASSES START IN MARCH