

Class Timetable

Little Lodgers Splash Times

08:00 – 09:30 & 16:00 – 17:30

Daily

MONDAY

| | | | | | |
|-------------|-------------------------------------|---------|-------------|-------------|---------|
| 06:30-07:00 | Core Blast | Fitness | 10:15-11:00 | Aqua | Anita |
| 08:00-09:00 | Zumba | Judy | 11:00-11:45 | Poolates | Anita |
| 08:30-09:00 | Express Spin | Virtual | 11:15-12:15 | Yogalates | Amy |
| 09:00-10:00 | Cardio Tennis * | Jorg | 11:30-12:15 | LBT | Fitness |
| 09:15-10:00 | Fitness Pilates | Ligita | 12:30-13:30 | Yoga | Amy |
| 09:30-10:00 | HIIT | Fitness | 18:00-18:30 | Kettlebells | Fitness |
| 10:00-11:00 | Cardio Tennis * | Jorg | 18:45-19:15 | Group Cycle | Fitness |
| 11:00-12:00 | Complete Beginners Tennis (6-weeks) | Jorg | | | |

TUESDAY

| | | | | | |
|-------------|-------------------|---------|---------------|----------------------|---------|
| 06:30-07:00 | TRX | Fitness | 12:30-13:30 | Intermediate Pilates | Karen |
| | | | 13:30-14:30 | Beginners Pilates | Karen |
| 08:30-09:15 | Spin | Abi | 13.30-14.00 | Rope Battle Blast | Fitness |
| 08:45-09:30 | Barre | Gemma | 14.30-15:30 | Iyengar Yoga | Jenny |
| 10:00-11:00 | Zumba | Feliz | 16.50-17:35 | Yogalates | Amy |
| 10.00-10:45 | Aqua | Abi | 18.00-18.30 | Spa HIIT | Fitness |
| 10:30-11:15 | Body Conditioning | Fitness | 18:00-18:45 | Barre | Sarah |
| 11.00-11.30 | QI GONG | Paul | 18:30 – 19:15 | Get Strong | Abi |
| 12.30-13.30 | Tai Chi | Paul | 19:00-19:45 | Yoga Nidra | Gemma |

WEDNESDAY

| | | | | | |
|-------------|-------------------|---------|-------------|-------------------|---------|
| 06:30-07:00 | Battle Rope Blast | Fitness | 11:30-12:15 | Body Conditioning | Abi |
| 08:30-09:00 | Express Spin | Virtual | 11:45-12:45 | Pilates | Karen |
| 09:30-10:00 | Spa HIIT | Fitness | 12:45-13:45 | Pilates | Karen |
| 09:30-10:30 | Ashtanga Yoga | Gemma | 18.15-19.00 | Spin Group Cycle | Virtual |
| 10:30-11:15 | Body Conditioning | Abi | 18:15-19:00 | Fitness Racing | Fitness |
| 10:35-11:20 | Pose Barre | Gemma | 19:00-20:00 | Yin Yoga | Gemma |

THURSDAY

| | | | | | |
|-------------|--------------------------|---------|-------------|-------------------|---------|
| 06:30-07:00 | Core Blast | Fitness | 12:15-13:00 | Yoga | Gemma |
| 08:00-09:00 | STAFF Barre/Yoga/Pilates | Gemma | 13:00-14:00 | Beginners Yoga | Gemma |
| 08:30-09:00 | Spa HIIT | Fitness | 13.30-14.00 | TRX | Fitness |
| 09:15-10:00 | Barre | Gemma | 15:00-16:00 | Iyengar Yoga | Jenny |
| 09:30-10:15 | Body pump | Abi | 16:00-16:45 | Group Cycle - | Virtual |
| 09:45-10:30 | Aqua | Fitness | 18:00-18:30 | Body Conditioning | Fitness |
| 10:00-11:00 | Pilates | Gemma | 18:30-19:45 | Get Strong | Abi |
| 10:30-11:15 | Body Pump | Abi | 18.45-19.45 | Yoga Nidra | Tracey |
| 11:15-12:15 | Vinyasa Yoga | Gemma | | | |

FRIDAY

| | | | | | |
|-------------|-------------------------|---------|-------------|------------------------|---------|
| 06:30-07:00 | Spa HIIT | Fitness | 11:30-12:30 | Tai Chi | John |
| 08.00-09.00 | Step Aerobics | Judy | 11:45-12:30 | Aqua Zumba | Anita |
| 08:30-09:00 | Express Spin | Abi | 12:30-13:15 | Poolates | Anita |
| 09:00-10:00 | Zumba | Judy | 12:00-13:00 | Improvers Tennis * | Jorg |
| 09:30-10:15 | Body Conditioning | Abi | 12:45-13:30 | Pilates | Gemma |
| 10:00-11:00 | Rusty Rackets (Tennis)* | Jorg | 13:30-14:15 | Pilates | Gemma |
| 10:15-11:15 | Pilates | Judy | 16:15-16:45 | Group Cycle | Virtual |
| 10:30-11:15 | Body Conditioning | Abi | 18:00-18:30 | Metabolic Conditioning | Fitness |
| 11:00-12:00 | Rusty Rackets (Tennis)* | Jorg | 18:00-19:00 | Relax and unwind | Gemma |
| | | | 18.45-19.15 | STAFF CLASS - HIIT | Fitness |

Saturday

| | | | | | |
|-------------|-----------------------|---------|-------------|-----------------------|---------|
| 08:00-08:30 | Group cycle | Fitness | 08.00-08.45 | Group Cycle | Virtual |
| 09:00-09:30 | Spa HIIT | Fitness | 09:30-10:00 | Spa HIIT | Fitness |
| 09:30-10:30 | Vinyasa Yoga | Gemma | 10:30-11:15 | Box Fit | Fitness |
| 10:30-11:15 | Body Conditioning | Fitness | 12:15-13:15 | Vinyasa Yoga | Amy |
| 10:45-11:45 | Yogalates | Gemma | 13.30-14.15 | Yogalates | Gemma |
| 11:30-12:15 | Get Strong | Abi | 14:30-15.15 | Bootcamp | Fitness |
| 12:00-13:00 | Sports Yoga | Gemma | 16:00-16:30 | Group Cycle – Virtual | Virtual |
| 12:00-13:00 | Rusty Racquet | Jorg | | | |
| 13:00-14:00 | Improvers tennis * | Jorg | | | |
| 14:15-14:45 | Kettlebells | Fitness | | | |
| 15:00-15:30 | Group Cycle – Virtual | Virtual | | | |
| 16:30-17:15 | Spa HIIT | Fitness | | | |

Sunday