

NEW TIMETABLE

(Starts Sunday 15th April)

SUNDAY

- 10:00–11:30 INTERMEDIATE VINYASA YOGA **NEW TIME**
- 17:15–18:15 PIYO **NEW**
- 18:30–19:30 CANDLELIGHT YOGA
- 19:45–20:45 YIN YOGA **NEW**

MONDAY

- 07:00–08:00 DDP YOGA
- 09:30–10:30 BODYPUMP
- 12:10–12:40 METAFIT
- 17:30–18:00 BOX FITNESS **NEW**
- 18:10–19:00 TABATA CIRCUIT **NEW**
- 19:10–19:45 INSANITY **NEW TIME**
- 20:00–21:00 VINYASA YOGA **NEW TIME**

TUESDAY

- 08:15–09:15 PILATES **NEW**
- 09:30–10:30 PIYO
- 10:45–11:45 HIP HOP FITNESS (WOMEN ONLY)
- 12:10–12:40 METAFIT
- 13:00–14:00 YOGA FUSION **NEW**
- 15:45–16:30 FAMILY YOGA **NEW TIME** (STARTS 1ST MAY)
- 17:30–18:00 INSANITY
- 18:10–19:00 FUNCTIONAL CIRCUITS
- 19:10–19:55 LEGS, BUMS & TUMS
- 20:00–21:00 HATHA YOGA

WEDNESDAY

- 07:15–08:00 TABATA CIRCUIT **NEW**
- 08:00–08:30 METAFIT **NEW**
- 09:30–10:30 VINYASA YOGA
- 13:00–14:00 GENTLE YOGA **NEW** (SUITABLE FOR SENIORS)
- 17:30–18:00 METAFIT
- 18:10–19:00 CIRCUITS **NEW TIME**
- 18:15–19:15 LEITH LINKS BOOTCAMP **NEW** (STARTS 2ND MAY)
- 19:10–19:55 PIYO **NEW TIME**
- 20:00–21:00 VINYASA **NEW TIME**

THURSDAY

- 09:30–11:00 ASHTANGA YOGA
- 12:10–12:40 METAFIT
- 13:00–14:00 CIRCUITS **NEW**
- 14:00–15:15 SENIORS FITNESS **NEW** (STARTS 3RD MAY)
- 16:00–17:00 YOUTH FITNESS **NEW** (STARTS 3RD MAY)
- 17:00–18:00 BODYPUMP
- 18:10–19:00 PIYO
- 19:10–19:50 HATTON BOXING
- 20:00–21:00 DDP YOGA **NEW**

FRIDAY

- 07:15–08:00 BREAKFAST CIRCUITS **NEW!**
- 09:30–10:30 PILATES
- 10:45–11:45 BARRE STRETCH FITNESS
- 12:10–12:40 TABATA CIRCUIT **NEW**
- 17:00–17:45 SPINNING **NEW**
- 17:45–18:15 METAFIT **NEW TIME**
- 18:30–19:30 BODYPUMP **NEW TIME**
- 20:00–21:00 HATHA YOGA **NEW TIME**

SATURDAY

- 09:00–09:45 LEGS, BUMS & TUMS
- 10:00–11:15 VINYASA YOGA
- 11:30–12:15 BODYPUMP
- 12:30–13:00 METAFIT