NORTH LAKES
HOTEL & SPA

Class Timetable

For full studio guidelines and terms and conditions
scan the QR code below.

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Monday

6:30 - 7:30	Body Pump	14:15 - 15:15	Pilates
9:00 - 10:00	Pure Stretch	17:30 - 18:30	Body Combat
10:00 - 11:00	Yoga	18:45 - 19:15	Body Pump Express
11:15 - 12:00	Pilates	19:15 - 19:45	Body Attack
13:15 - 14:00	Fit & Flex		

Tuesday

6:30 - 7:30	HIIT & Abs	12:30 - 13:15	Aquafit
8:00 - 9:00	Body Balance	14:00 - 14:45	Pilates
9:00 - 10:00	Body Pump	17:30 - 18:30	Body Pump
10:15 - 11:15	Body Combat	18:45 - 19:30	Body Conditioning
11:30 - 12:15	Spinning	19:45 - 20:45	Pilates

Wednesday

6:30 - 7:30	HIIT & Abs	13:00 - 14:00	Yoga
6:30 - 7:15	Spinning	17:30 - 18:30	Body Pump
8:45 - 9:45	Body Pump & Balance	18:30 - 19:00	HIIT
10:00 - 11:00	Pilates	19:15 - 20:15	Yoga
12:00 - 12:45	Body Pump Express		

Thursday

6:30 - 7:30	Circuits	10:00 - 10:45	Spinning
7:45 - 8:45	Body Balance	17:15 - 18:15	Body Combat
9:00 - 10:00	Legs, Bums & Tums	18:30 - 19:30	Yoga

Friday

6:30 - 7:30	Body Pump	10:00 - 10:45	Spinning
6:30 - 7:00	Spinning	10:00 - 11:00	Pilates
7:45 - 8:45	Body Balance	11:00 - 12:00	Pilates
8:45 - 9:45	Body Tone	17:30 - 18:30	Body Pump

Saturday

8:00 - 9:00	Pure Stretch
9:00 - 10:00	Body Combat

Sunday

8:00 - 9:00	Yoga