

# Class Timetable

## Monday

06:30 - 07:00 Core Blast  
08:00 - 08:30 Spin  
08:20 - 09:05 Zumba  
09:00 - 10:00 Tennis Express  
09:15 - 10:00 Fitness Pilates  
09:30 - 10:15 Spa HIIT  
09:30 - 10:15 Aqua Zumba  
10:00 - 11:00 Pilates  
10:00 - 11:00 Cardio Tennis  
10:15 - 11:00 Poolates  
10:30 - 11:15 Wild Swimming  
11:15 - 12:15 Yogalates  
12:30 - 13:30 Yoga  
12:45 - 13:15 TRX  
18:00 - 18:30 Spa HIIT  
18:15 - 19:00 YOGA  
19:00 - 19:45 Spin & Stretch

## Tuesday

06:30 - 07:00 TRX  
08:30 - 09:15 Spin  
08:45 - 09:30 Pose Barre  
10:00 - 11:00 Zumba  
10:30 - 11:15 Wild Swimming  
11:00 - 11:30 Qi Gong  
11:30 - 12:30 Intermediate Tai Chi  
11:30 - 12:15 Body Conditioning  
11:45 - 12:30 AquaFit  
12:30 - 13:15 Poolates  
13:30 - 14:15 Legs, Bums & Tums  
14:30 - 15:30 Iyengar Yoga  
15:45 - 16:45 Tai Chi  
17:00 - 17:45 Intermediate Pilates  
18:00 - 18:45 Pose Barre  
18:00 - 18:45 Learn to Lift  
19:00 - 19:45 Core & Conditioning

## Wednesday

06:30 - 07:15 Spin  
09:30 - 10:00 Spa HIIT  
09:30 - 10:30 Ashtanga Yoga  
10:30 - 11:15 Wild Swimming  
10:30 - 11:15 Body Conditioning  
10:35 - 11:20 Pose Barre  
11:30 - 12:15 Body Conditioning  
11:45 - 12:45 Pilates  
12:45 - 13:45 Pilates  
13:30 - 14:15 Cardio Conditioning  
14:00 - 15:00 Vitality Energy Flow  
18:00 - 18:45 BEGINNERS PILATES  
18:15 - 19:00 Fitness Racing  
19:00 - 19:45 INTERMEDIATE PILATES  
19:30 - 20:00 TRX

## Thursday

06:30 - 07:00 Core Blast  
08:30 - 09:00 Spa HIIT  
08:30 - 09:00 Spin  
09:15 - 10:00 Pose Barre  
09:30 - 10:15 Body Pump  
09:45 - 10:30 Aqua Gym  
10:00 - 11:00 Pilates  
10:30 - 11:15 Wild Swimming  
10:30 - 11:15 Body Pump  
11:15 - 12:15 Vinyasa Yoga  
12:15 - 13:00 Yoga  
12:30 - 13:15 Learn to Lift  
13:00 - 14:00 Beginners Yoga  
14:15 - 15:45 Iyengar Yoga  
18:15 - 19:00 BoxFit  
19:30 - 20:00 Core Blast

## Friday

06:30 - 07:00 Spa HIIT  
08:30 - 09:00 Express Spin  
09:00 - 10:00 Zumba  
09:30 - 10:15 Body Conditioning  
09:30 - 10:15 Aqua Gym  
10:00 - 11:00 Rusty Rackets  
10:15 - 11:15 Pilates  
10:30 - 11:15 Wild Swimming  
10:30 - 11:15 Body Conditioning  
11:00 - 12:00 Rusty Rackets  
11:20 - 11:50 Qi Gong  
11:50 - 12:40 Tai Chi  
12:00 - 13:00 Improvers Tennis  
12:45 - 13:30 Pilates  
13:30 - 14:15 Pilates  
14:00 - 14:45 Run Club  
18:15 - 19:00 Sweat  
18:00 - 19:00 Relax and Unwind  
19:30 - 20:00 TRX

## Saturday

08:00 - 08:30 Spin  
09:00 - 09:30 Spa HIIT  
09:00 - 10:00 Vinyasa Yoga  
10:15 - 11:15 Yogalates  
10:30 - 11:15 Wild Swimming  
10:30 - 11:15 Body Conditioning  
11:45 - 12:30 Learn to Lift  
12:00 - 13:00 Rusty Rackets  
13:00 - 14:00 Improvers Tennis  
14:15 - 14:45 Kettlebells  
16:30 - 17:15 Spa HIIT  
17:30 - 18:00 Full Body Stretch

## Sunday

09:00 - 09:45 Run Club  
10:00 - 10:45 BoxFit  
10:30 - 11:15 Wild Swimming  
11:00 - 11:45 Fitness Racing  
12:15 - 13:15 Vinyasa Yoga  
13:30 - 14:15 Yogalates  
13:30 - 14:00 TRX  
16:00 - 16:30 Virtual Spin  
16:30 - 17:15 Spa HIIT  
17:30 - 18:00 Full Body Stretch

Little Lodgers Splash Time;

08:00 - 09:30 & 16:00 - 17:30 Daily

Indoor Infinity Pool and Wild Swimming Pool Only

\*Timetable subject to change.