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Fitness Classes

EFFECTIVE 4TH JANUARY 2021

Don't forget you'll need to book a guaranteed slot in advance using the FitSense App, via the Clubwise login on our website or contact Reception - whether you want to swim, to workout in the gym or to join a Fitness Class - or all three!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:25 Legs, Bums & Tums	9:30-10:15 Spinning	9:30-10:25 Step & Sculpt	8:30-09:00 Lift Lean	8:00-8:45 Spinning	9:30-10:15 Cardio Pump
11:00-11:55 Fitness Pilates	12:15-13:00 Aquafit	11:00-11:55 Fitness Yoga	8:30-9:15 Aquafit	9:30-10:15 Spinning	10:45-11:30 Cardio Combat
12:30-13:25 Fitness Pilates	14:00-14:55 Fitness Pilates	12:30-13:25 Fitness Pilates	9:30-10:15 Pilates Stretch	11:00-11:55 Fitness Pilates	12:15-13:00 Fitness Yoga
			10:45-11:30 Barre Fitness	12:30-13:25 Fitness Pilates and Meditation	
18:00-18:45 Cardio Pump	18:00-18:30 Lift Lean	16:30-17:15 Adult Ballet			15:30-16:15 Aquafit
19:15-19:45 Cardio Combat	19:15-19:45 Power Pilates	18:00-18:45 Spinning	18:00-18:45 Spinning	18:00-18:45 Spinning	
20:15-21:00 Fitness Yoga	20:15-21:00 Aquafit	19:15-20:00 Spinning	19:15-20:00 Fitness Yoga	19:15-19:45 HIIT	