|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Time** | **Class** | **Instructor** |
| **Monday** | **0830 – 1015** | **Badminton** |  |
|  | **1030 – 1130** | **Energy Boost** | **Joyce** |
|  | **1130 – 1330** | **Badminton** |  |
|  | **1400 – 1500** | **Fit for Life** | **Rosemary** |
|  | **1815 – 1915** | **Bar & Bike** | **Jim** |
|  | **1930 – 2030** | **Zumba** | **Jane** |
|  |  |  |  |
| **Tuesday** | **0730 – 0815** | **Summer hols Pilates** | **Catherine** |
|  | **0830 - 1000** | **Pickle ball** |  |
|  | **0915 - 1015** | **Pilates (in blocks)** | **Catherine** |
|  | **1030 – 1130** | **Stable & Strong** | **Rosemary** |
|  | **1300 – 1500** | **Table Tennis** |  |
|  | **1815 – 1855** | **BARRE** | **Joyce** |
|  | **1915 – 2000** | **Spin in the Dark** | **Laura** |
|  |  |  |  |
| **Wednesday** | **0830 – 1015** | **Badminton** |  |
|  | **1030 – 1130** | **Full Body Powerhouse** | **Joyce** |
|  | **1145 - 1300** | **Pickle Ball** |  |
|  | **1745 – 1845** | **Tabata/Abs** | **Jim** |
|  |  |  |  |
| **Thursday** | **0930 – 1030** | **Yoga** | **Laura** |
|  | **1400 – 1500** | **Fit for Life** | **Rosemary** |
|  | **1815 – 1915** | **Circuits 45** | **Jim** |
|  | **2000 – 2200** | **Badminton** |  |
|  |  |  |  |
| **Friday** | **0730 – 0800** | **Spin in the Dark** | **Laura** |
|  | **0830 – 1015** | **Badminton** |  |
|  | **0930 – 1030** | **Yoga** | **Catherine** |
|  | **1100 – 1200** | **Stable & Strong** |  |
| **Saturday** | **0915 – 1015** | **Tabata/ Abs** | **Jim** |
|  | **1330 – 1530** | **Table Tennis** |  |
| **Sunday** | **1000- 1200** | **Pickle Ball** |  |
|  | **1100 – 1200** | **Ladies Gym Session (not on every week)** | **David** |
|  | **1700 – 2000** | **Badminton Club Training** |  |