# SUMMER TIMETABLE

| AQUA BASED CLASSES | | | | | | |
|---|---|---|---|---|---|---|
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **8.15am** | AQUA MOVERS+ | | AQUA MOVERS+ | WARM MOVERS | AQUA MOVERS | AQUA BOOTCAMP<br><br>WEATHER PERMITTING |
| **9.15am** | WARM MOVERS | | WARM MOVERS | AQUA MOVERS + | WARM MOVERS | |
| **9.30am** | | AQUA GYMSTICK | | | | |
| **10.15am** | | | AQUA MOVERS | | | |
| **EVENING CLASSES** | WARM MOVERS **NOTE (6.30pm)** | WARM WATER WORKOUT **(6PM)** | | WARM WATER FLOW **(6PM)** | | |
| **6.50pm** | | WATER WORKOUT<br><br>WEATHER PERMITTING | | DEEP WATER RUNNING<br><br>WEATHER PERMITTING | | |

- **All Aqua classes run for 45 minutes. Classes in Yellow are in the Warm Water Pool, classes in Blue are in the 25m pool and classes in Green are in the outdoor 50m pool unless weather is bad, then they will be in the 25m pool.**

| LES MILLS PRYME MOVERS/LIFESTYLE GENERAL CLASSES | | | | | | |
|---|---|---|---|---|---|---|
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **6.30am** | RPM<br>(45 minutes) | | BODY PUMP<br>(60 minutes) | | RPM<br>(45 minutes) | |
| **8.30am** | BASIC MOVERS<br>(45 MINUTES) | PRYME MOVERS CIRCUIT<br>(45 minutes) | GYMSTICK MUSCLE<br>(45 minutes) | CLASSICAL PILATES<br>(45 minutes) | | RPM<br>(45 minutes) |
| **9.30am** | RPM<br>(45 minutes) | PILATES<br>(55minutes) | BASIC MOVERS<br>(45 minutes) | PRYME MOVERS CIRCUIT<br>(45 minutes) | BOXING BLAST | BODY PUMP<br>(60 minutes) |
| **10.30am** | BODY PUMP<br>(60 minutes) | | RPM<br>(45 minutes) | YOGA<br>(55 minutes) | BODY PUMP<br>(60 minutes) | |
| **11.30am** | | | TAI CHI KUNG<br>(45 minutes) | | | |
| **4.30pm** | | | HIIT<br>ACTIVE FAMILIES<br>(45 minutes) | PILATES<br>(45 minutes) | | |
| **5.30pm** | BODY PUMP<br>(45 minutes) | PILATES<br>(55 minutes) | RPM<br>(45 minutes) | RPM<br>(45 minutes) | | |
| **6.30pm** | RPM<br>(45 minutes) | BOXING BLAST<br>(45 minutes) | BODY PUMP<br>(60 minutes) | ADRENALINE HIIT<br>(45 minutes) | | |
| **7.30pm** | CHI YOGA<br>(55 minutes) | | | | | |

- Classes highlighted in BLUE will be run outdoors, weather permitting