

FRANCIS SCAIFE SPORTS CENTRE FITNESS CLASS PROGRAMME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES	TOFFS 9.00am - 12.00pm (Class 10.00 - 11.00)	Healthy Lifestyles Weight Management 9.00am - 10.00am	TOFFS 9.00am - 12.00pm (Class 10.00 - 11.00)	Healthy Lifestyles Weight Management 9.00am - 10.00am	TOFFS 9.00am - 12.00pm (Class 10.00 - 11.00)	Indoor Cycling (Beginners) 9.00am - 9.40am Alternate Weeks	Indoor Cycling 9.00am - 9.40am
	Indoor Cycling (Beginners) 9.15am - 9.55am	Ladies Leisure Aerobics / Step / Circuit 10.00am - 11.00am		Indoor Cycling 9.15am - 9.55am	Indoor Cycling 9.15am - 9.55am		Body Pump 10.00am - 11.00am
	Fitness Pilates (Advanced) 11.15am - 12.00pm	Indoor Cycling (Advanced) 11.00am - 12.00pm		Ladies Leisure - Dance Aerobics 10.00am - 11.00am	Low Impact Aerobics 10.00am - 11.00am		
		Deep Water Aqua 11.00am - 11.45am					
AFTERNOON CLASSES	Fitness Pilates (Beginners) 12.00pm - 12.45pm	Fitness Pilates (Intermediate/Advanced) 12.15pm - 1.15pm	Boxercise 1.15pm - 2.15pm	Body Pump 12.15pm - 12.45pm	Pilates 1.00pm - 2.00pm		
	Aquafit 1.00pm - 2.00pm		Body Jam 2.15pm - 3.15pm	Aqua Natal 1.00pm - 1.45pm	Pilates 2.00pm - 3.00pm		
					Deep Water Aqua 4.15pm - 5.00pm		
EVENING CLASSES	Boxercise 6.00pm - 7.00pm	Circuit 6.00pm - 7.00pm	Indoor Cycling 6.30pm - 7.10pm	Indoor Cycling (Beginners) 6.15pm - 6.55pm	Fitness Pilates (Beginners/Intermediate) 5.15pm - 6.00pm		Aquafit 7.15pm - 8.00pm
	Indoor Cycling 6.15pm - 6.55pm	Indoor Cycling (Advanced) 6.30pm - 7.30pm	Step Aerobics 7.00pm - 8.00pm	Aquafit 7.00pm - 8.00pm	Body Pump 6.00pm - 7.00pm		
	Body Pump 7.00pm - 8.00pm	Indoor Cycling (Beginners) 8.00pm - 8.40pm	Boxercise 8.00pm - 9.00pm	Ultimate Body Conditioning 7.00pm - 8.00pm	Indoor Cycling 6.30pm - 7.10pm		
	Indoor Cycling 7.10pm - 7.50pm	Swimfit 7.00pm - 8.00pm	Pilates 8.15pm - 9.15pm	Indoor Cycling (Advanced) 8.00pm - 9.00pm	Body Balance 7.00pm - 8.00pm		
	Body Balance 8.00pm - 9.00pm						

KEY TO TYPES OF EXERCISES

Mind & Body	Aerobic	Cycling	Toning	Circuit	Les Mills	Aqua
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All classes must be pre-booked.
For full class descriptions please see an instructor

