MEDINA FITNESS CLASS TIMETABLE

MONDAY

TIME	CLASS	INSTRUCTOR	STUDIO
9.15-10.00	AQUACISE	AMIE	MAIN POOL
9.15-10.00	AQUA DEEP	NARISA	MAIN POOL
9.30-10.15	CYCLONE	CLAIRE	CYCLONE
9.30-10.15	MATWORK PILATES	ALISON	2
10.30-11.15	FITSTART	LYNN	2
17.15-18.00	CYCLONE	AJ	CYCLONE
17.45-18.30	CIRCUIT	SARA	1
17.45-18.30	FITSTEPS	DONNA	2
18.15-19.00	CYCLONE	ALEC	CYCLONE
18.45-19.30	BODY CONDITIONING	SARA	1
18.45-19.45	YOGA FOR ALL	SALLY	2

TUESDAY

TIME	CLASS	INSTRUCTOR	STUDIO
6.15-7.00	CYCLONE	CAROLYN	CYCLONE
9.15-10.00	AQUACISE	JADE	MAIN POOL
9.30-10.15	CYCLONE	AJ	CYCLONE
9.30-10.15	15/15/15	SARA	2
10.30-11.15	CORE/STRETCH	SARA	2
17.15-18.00	CYCLONE	CLAIRE	CYCLONE
17.30-18.15	ZUMBA	NARISA	2
17.45-18.30	LIIT TO HIIT	SARA	1
18.15-19.00	CYCLONE	AMIE	CYCLONE
18.30-19.15	DANCEATOMIC	GRACE	2
19.30-20.15	AQUACISE	JADE	MAIN POOL
19.15-20.00	BUMS, LEGS AND TUMS	AMIE	1

WEDNESDAY

TIME	CLASS	INSTRUCTOR	STUDIO
9.15-10.00	AQUA ZUMBA	NARISA	MAIN POOL
9.15-10.00	BODY CONDITIONING	SARA	2
9.30-10.15	CYCLONE	AJ	CYCLONE
10.15-11.15	YOGA FOR ALL	JULIE C	2
11.30-12.15	MATWORK PILATES	JULIE C	2
17.30-18.15	CYCLONE	SARA	CYCLONE
17.30-18.15	MATWORK PILATES	ALISON	2
18.30-19.15	BODY CONDITIONING	SARA	1
18.30-19.30	DANCEATOMIC	GRACE	2

THURSDAY

TIME	CLASS	INSTRUCTOR	STUDIO
6.15-7.00	CYCLONE	CAROLYN	CYCLONE
9.15-10.00	AQUACISE	STEPH	MAIN POOL
9.30-10.15	CYCLONE	AMIE	CYCLONE
10.30-11.15	CORE/STRETCH	AMIE	2
17-15-18.00	CYCLONE	SARA	CYCLONE
18.15-19.00	BOUNCE	AMIE	1
18.15-19.00	15/15/15	SARA	2
19.30-20.15	AQUACISE	AMIE	MAIN POOL
19.15-20.00	STRETCH YOGA BEGINNERS	SARA	2

FRIDAY

TIME	CLASS	INSTRUCTOR	STUDIO
9.15-10.00	AQUACISE	AMIE	MAIN POOL
9.30-10.15	CYCLONE	LYNN	CYCLONE
9.30-10.15	FITSTEPS	DONNA	2
10.30-11.00	FITSTART	LYNN	2
17.30-18.15	CYCLONE	AMIE	CYCLONE
17.45-18.30	ZUMBA	NILA	2

SATURDAY

TIME	CLASS	INSTRUCTOR	STUDIO
9.15-10.00	CYCLONE	JULIE C	CYCLONE
10.15-11.15	YOGA FOR ALL	JULIE C	2

SUNDAY

TIME	CLASS	INSTRUCTOR	STUDIO
9.15-10.00	CYCLONE	SARA	CYCLONE
9.15-10.00	ZUMBA	NARISA	2

CLASS KEY

WELLBEING	STRENGTH & TONE	CARDIO
POOL	DANCE	

1leisure
have fun, get fit, stay fit

@1LEISURE

THE HEIGHTS FITNESS CLASS TIMETABLE

MONDAY

TIME	CLASS	INSTRUCTOR	STUDIO
9.30-10.15	CYCLONE	KAREN	CYCLONE
9.30-10.15	KETTLEBELL & CORE	CARA	1
10.30-11.15	CARDIO COMBAT	KAREN	2
10.30-11.15	AQUACISE	TINA	MAIN POOL
17.00-17.45	TOTAL BODY WORKOUT	CARA	1
17.15-18.00	ZUMBA	NARISA	2
17.15-18.00	CYCLONE	JESS	CYCLONE
18.00-19.00	YOGA FOR ALL	JULIE C	1
18.15-19.00	CYCLONE	JESS	CYCLONE
18.15-19.00	DANCEATOMIC	CARA	2
18.30-19.15	AQUACISE	TINA	MAIN POOL
18.30-19.15	AQUA DEEP	NARISA	MAIN POOL
19.15-20.00	STRONG YOGA	JULIE C	1

TUESDAY

TIME	CLASS	INSTRUCTOR	STUDIO
6.15-7.00	SUNRISE CYCLONE	LYSSA	CYCLONE
9.30-10.15	ZUMBA	JULIE M	2
9.30-10.15	CYCLONE	KAREN	CYCLONE
10.15-11.00	MATWORK PILATES	ALISON	1
10.30-11.15	BUMS, LEGS & TUMS	KAREN	2
10.30-11.15	AQUACISE	TINA	MAIN POOL
11.30-12.30	YOGA FOR ALL	JULIE C	2
12.45-13.30	STRONG YOGA	JULIE C	2
17.15-18.00	CYCLONE	ZIPPY	CYCLONE
17.15-18.00	DANCEATOMIC	CARA	2
18.15-19.00	STRONG NATION	ZIPPY	2
18.15-19.00	CYCLONE	CARA	CYCLONE

WEDNESDAY

TIME	CLASS	INSTRUCTOR	STUDIO
9.15-10.00	CYCLONE	KAREN	CYCLONE
9.30-10.15	LIIT TO HIIT	JESS	1
9.30-10.15	ZUMBA	JULIE M	2
10.30-11.15	FITSTART	JULIE M	2
10.30-11.15	AQUACISE	TINA	MAIN POOL
10.30-11.15	15/15/15	KAREN	1
17.00-17.45	KETTLEBELL & CORE	CARA	1
17.15-18.00	CYCLONE	KAREN	CYCLONE
18.00-18.45	DANCEATOMIC	CARA	2
18.00-19.00	YOGA FOR ALL	JULIE C	1
18.15-19.00	CYCLONE	YVETTE	CYCLONE
18.30-19.15	AQUACISE ZUMBA	NARISA	MAIN POOL
18.30-19.15	AQUA DEEP	TINA	MAIN POOL
19.00-19.45	CARDIO COMBAT	KAREN	2
19.15-20.00	STRONG YOGA	JULIE C	1

THURSDAY

TIME	CLASS	INSTRUCTOR	STUDIO
9.30-10.15	CYCLONE	CARA	CYCLONE
9.30-10.15	BUMS, LEGS & TUMS	JULIE M	1
10.15-11.00	ZUMBA GOLD	NARISA	2
10.30-11.15	AQUACISE	CARA	MAIN POOL
17.00-17.45	TOTAL BODY WORKOUT	CARA	CYCLONE
18.00-18.45	CYCLONE	CARA	1
18.15-19.00	DANCEATOMIC	GRACE	2

FRIDAY

TIME	CLASS	INSTRUCTOR	STUDIO
9.15-10.00	CYCLONE	KAREN	CYCLONE
9.30-10.15	DANCEATOMIC	CARA	2
10.15-11.00	15/15/15	KAREN	1
10.30-11.15	AQUACISE	TINA	MAIN POOL
17.15-18.00	BUMS, LEGS & TUMS	JULIE M	1
17.30-18.15	CYCLONE	JESS	CYCLONE
18.15-19.00	ZUMBA	JULIE M	2

SATURDAY

TIME	CLASS	INSTRUCTOR	STUDIO
9.30-10.15	DANCEATOMIC	CARA	2
9.30-10.15	CYCLONE	CLAIRE	CYCLONE
10.30-11.00	30 MIN ABS	CARA	2

SUNDAY

TIME	CLASS	INSTRUCTOR	STUDIO
9.30-10.15	ZUMBA	JULIE M	2
10.30-11.15	CARDIO STEP	JULIE M	2

CLASS KEY

WELLBEING	STRENGTH & TONE	CARDIO
POOL	DANCE	

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