

LANES STUDIO SUMMER 2022

MONDAY	TIME	LOCATION	INSTRUCTOR	KEY
Spin	06.30 – 07.15	Studio 1	Bret K	Cardio
Body Pump	07.45 – 08.30	Studio 1	Emily D	Strength
Body Combat	08.45 – 09.30	Studio 1	Laura S	Cardio
Body Balance	08.45 – 09.30	Studio 2	Emily D	Flexibility
Quick Class	09.00 – 09.15	Gym	Gym Team	Cardio
Pilates	09.45 – 10.30	Studio 1	Emily D	Flexibility
Aqua Fit	10.00 - 10.45	Pool ♣	Laura S	Cardio
Body Burn	10.00-10.45	Studio 2	Rob W	Strength
Zumba	10.45-11.30	Studio 1	Dani H	Cardio
Yoga	11.45 – 12.45	Studio 2	Yasue	Flexibility
Use It Or Lose It	12.00 – 12.30	Studio 1	Fin	Flexibility
*Strictly Lanes	13.30 – 15.00	Studio 1	*Vic & Linda	Cardio
Conditioning	13:00 – 13:45	Studio 2 - VIRTUAL	VIRTUAL	Cardio
Abs & Core	17.00 – 17.30	Studio 1	Andy T	Strength
Classic Aqua	18.30-19.15	Pool ♣	Jude B	Cardio
Bootcamp	18.00 – 18.45	Outside	Andy T	Cardio
Totally Shredded	18.00 – 18.45	Studio 1	Sam G	Cardio
Sh'bam	19.15 – 20.00	Studio 1	Rich	Cardio
Pilates	19.20- 20.05	Studio 2	Jude B	Strength
Swim Fit	19.30 – 20.30	Pool ♣	Sarah V	Cardio
*	* = Summer class only			

SATURDAY	TIME	LOCATION	INSTRUCTOR	KEY
Spin	08.15- 09:00	Studio 1	Mark T	Cardio
Quick Class	09.00 – 09.15	Gym	Gym Team	Cardio
Body Pump	09.15- 10:00	Studio 1	Sally D	Strength
Zumba	10.15-11:00	Studio 1	Sally D	Cardio
Conditioning	10.15-11:00	Studio 2	Sally H	Cardio
Body Combat	11.15-12:00	Studio 1	Sally H	Cardio
Aqua Groove	11.45-12.30	Pool ♣	Justine	Cardio
Pure Stretch	12.05 – 12:50	Studio 1	Sally H	Flexibility

SUNDAY	TIME	LOCATION	INSTRUCTOR	KEY
Body Attack	09.00 – 09.45	Studio 1	Richard D	Cardio
Quick Class	09.00 – 09.15	Gym	Gym Team	Cardio
Body Pump	10.00 -10.45	Studio 1	Rich D	Strength
Yoga	11.15 – 12.00	Studio 1	Norma P	Flexibility
Spin	12.15 – 13.00	Studio 1	Mark T	Cardio

TYPE	KEY FEATURES
Cardio	Heart raiser, low or high impact. Improve heart and lung function, increase bone density and reduce stress.
Flexibility	Improve the range of movement in your joints by stretching and lengthening tight and short muscles.
Strength	Classes specialise in the use of resistance to improve muscular strength and tone.

TUESDAY	TIME	LOCATION	INSTRUCTOR	KEY
Body Pump	06.30- 07.15	Studio 1	Sally D	
Body Balance	07.45 – 08.30	Studio 1	Norma	
Pilates	09.00 – 09.45	Studio 2	Janet P	
Step	09.00 – 09.45	Studio 1	Karen	
Stretch	10.00 – 10.30	Studio 2	Janet P	
Conditioning	10.00-10.45	Studio 1	Fin	
Aqua Groove	10:30 – 11:15	Pool ♣	Justine	
Dance Fusion	10.50 -11.35	Studio 1	Laura S	
Lower back specialist class *	11:00 – 11:45	Studio 2	Abbi	
Core Strength	11.30-12.15	Studio 2	Justine	
Yoga	11.45 -12.30	Studio 1	Beatrice L	
Osteoarthritis *	12:00 -12:45	Studio 2	Abbi	
Yoga Sleep	12.40 – 13.25	Studio 1	Beatrice L	
Abs & Core	13:30 – 14:00	Studio 2 - VIRTUAL	VIRTUAL	
Spin	17.30-18.15	Studio 1	Jo M	
HIIT	17.30 – 18.00	Studio 2	Abi C	
Body Combat	18.30-19.15	Studio 1	Rich D	
Fitness Pilates	18.30-19.15	Studio 2	Ruby	
Run Club	18.00-18.30	Outside	Fin M	
Body Balance	19.30-20.15	Studio 2	Ruby	
Body Pump	19.30 - 20.15	Studio 1	Rich D	

WEDNESDAY	TIME	LOCATION	INSTRUCTOR	KEY
Spin	06.30 – 07.15	Studio 1	Sue T	
Barre & Burn	08.30 - 09.15	Studio 1	Laura S	
Pilates	09.30- 10.15	Studio 1	Sam B	
Quick Class	09.30 – 09.45	Gym	Gym team	
Classic Aqua	09.30 – 10.15	Pool ♣	Jude B	
LBT	10.30 – 11.15	Studio 2	Jude	
Ballroom Blitz	11.30-12.15	Studio 1	Justine	
Strength	12:00 – 12:45	Studio 2 - VIRTUAL	VIRTUAL	
Body Balance	13.30 – 14.15	Studio 1	Rach C	
Spin	17.00 – 17.45	Studio 1	Norma P	
Pilates	18.00 – 18.45	Studio 1	Annie T	
LM core	18.00 – 18.30	Studio 2	Norma P	
Pure Stretch	18.45- 19.15	Studio 2	Norma P	
Latin Inspired Dance	19.00 – 19.45	Studio 1	Ruby	

THURSDAY	TIME	LOCATION	INSTRUCTOR	KEY
HIIT Circuits	06.30 – 07.15	Studio 1	Sally D	
Pilates	07.45 – 08.30	Studio 1	Ruby	
Quick Class	08.30-08.45	Gym	Gym Team	
Body Attack	09.00 – 09.45	Studio 1	Laura S	
SMASH Aerobics	10.00 – 10.45	Studio 1	Laura S	
Body Pump	11.00 – 11.45	Studio 1	Rach C	
Yogalates	12.00 – 12.45	Studio 1	Annie T	
Pilates	12:00 – 12:45	Studio 2 VIRTUAL	VIRTUAL	
Aqua Strength	12:30 – 13:15	Pool ♣	Sam B	
Meno Strength	13:45 – 14:30	Studio 2	Sam B	
Use it or loose it	15.00 – 15.30	Studio 1	Fin	
Retro Spin	17.00 – 17.45	Studio 1	Andy T	
HIIT	18:00 – 18:30	Studio 2	Gym Team	
Pump	18:15 – 19.00	Studio 1	Jo M	
Yoga	18.45 – 19.45	Studio 2	Yasue	
LM Core	19.15 – 19.45	Studio 1	Jo M	

FRIDAY	TIME	LOCATION	INSTRUCTOR	KEY
Swim Fit	06.30 – 07.30	Pool ♣	Sarah V	
Spin	06.30 – 07.15	Studio 1	Sue T	
Quick Class	08.00 – 08.15	Gym	Gym Team	
Combat	08.45 – 09.30	Studio 1	Laura S	
Body Burn	09.00 -09.45	Studio 2	Rob W	
Aqua Aerobics	09.15 – 10.00	Pool ♣	Emma S	
Lanes Mix (1 hr)	09.45– 10.45	Studio 1	Laura S	
Yoga	10.00 -11.00	Studio 2	Bennie	
Body Attack*	10:15 – 11:00	Outside	Emma S	
Spin	11.00 – 11.45	Studio 1	Karen T	
Meditation Based	11.00 – 11.45	Studio 2 - VIRTUAL	VIRTUAL	
Pilates	12.00 – 12.45	Studio 1	Annie T	
Tai Chi	13.00 – 14.00	Studio 1	Keith C	
Chair Exercise	14.15 – 14.45	Studio 1	Fin	
Pump	17.45 – 18.30	Studio 1	Dwayne	
Yin Yoga	17.45 – 18.45	Studio 2	Beatrice L	
Spin Circuits	18.40 – 19.25	Studio 1	Andy T	