

LANES CLASS TIMETABLE

LANES
HEALTH CLUBS

MONDAY	TIME	LOCATION	INSTRUCTOR	KEY
Spin	06.30 – 07.15	Studio 1	Nikki & Sally	
*LM Body Pump	07.45 – 08.30	Studio 1	Emily D	
*LM Body Combat	08.45 – 09.30	Studio 1	Laura S	
*LM Body Balance	08.45 – 09.30	Studio 2	Emily D	
Quick Class	09.00 – 09.15	Gym	Gym Team	
Pilates	09.45 – 10.30	Studio 1	Carol S	
Aqua Fit	10.00 - 10.45	Pool ♣	Laura S	
Body Burn	10.00-10.45	Studio 2	Rob W	
Zumba	10.45-11.30	Studio 1	Dani H	
Yoga	11.30 – 12.15	Studio 2	Yasue	
Yoga	12.30-13.15	Studio 2	Yasue	
Use It Or Lose It	12.00 – 12.45	Studio 1	Bennie	
Abs & Core	17.00 – 17.30	Studio 1	Andy T	
Bootcamp	18.00 – 18.45	Outside/studio 2	Andy T	
Totally Shredded	18.00 – 18.45	Studio 1	Sam G	
*LM Sh'bam	19.15 – 20.00	Studio 1	Rich	
Late night Yoga	20.15 – 21.00	Studio 1	Bea L	
*LM Body Balance	19.15- 20.00	Studio 2	Colin	
Swim squad (swim drills)	19.30 – 20.30	Pool ♣	Sarah V	

TUESDAY	TIME	LOCATION	INSTRUCTOR	KEY
Circuits	06.15 -07.00	Studio 1	Rob	
LBT	07.15- 08.00	Studio 1	Rob	
*LM Body Balance	07.45 – 08.30	Studio 2	Norma	
Pilates	09.00 – 09.45	Studio 2	Janet P	
Step	09.00 – 09.45	Studio 1	Karen	
Quick Class	09.00-09.15	Gym	Gym team	
Stretch	10.00 – 10.30	Studio 2	Janet P	
Conditioning	10.00-10.45	Studio 1	Claire	
Aqua Groove	11.00-11.45	Pool ♣	Julia G	
Dance Fusion	11.00-11.45	Studio 1	Laura S	
Stability	11.30-12.15	Studio 2	Claire	
Use it or lose it	12.20-12.50	Studio 2	Claire	
Spin	17.30-18.15	Studio 1	Jo M	
HIIT	17.30 – 18.15	Studio 2	Hannah	
Aqua Strong	18.15-19.00	Pool ♣	Sam B	
*LM Body Combat	18.30-19.15	Studio 1	Rich D	
Fitness Pilates	18.30-19.15	Studio 2	Ruby	
Run Club	18.00-18.45	Outside	Glen	
*LM Body Balance	19.30-20.15	Studio 2	Ruby	
*LM Body Pump	19.30 - 20.15	Studio 1	Gayle	

WEDNESDAY	TIME	LOCATION	INSTRUCTOR	KEY
Spin	06.30 – 07.15	Studio 1	Sue T	
Les Mills Cardio mix	07:30 – 08:15	Studio 1	Laura S	
Barre & Burn	08.30 - 09.15	Studio 1	Laura S	
Pilates	09.30- 10.15	Studio 1	Janet	
Quick Class	09.00-09.15	Gym	Gym team	
Express Aqua	09.15 – 09.45	Pool ♣	Emma S	
Lanes Mix	10:30 – 11:15	Studio 1	Laura S	
Zumba	11.30-12.30	Studio 1	Sally D	
*LM Body Balance	13.30 – 14.15	Studio 1	Rach C	
Yoga	15.30 – 16.30	Studio 1	Bea L	
Spin	17.00 – 17.45	Studio 1	Norma P	
Yin Yoga	16.45 -17.45	Studio 2	Bea L	
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	

*LM= Les Mills licenced classes

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THURSDAY	TIME	LOCATION	INSTRUCTOR	
Pilates	07.45 – 08.30	Studio 1	Ruby	Cardio
Quick Class	08.30-08.45	Gym	Gym Team	Cardio
*LM Body Attack	09.00 – 09.45	Studio 1	Laura S	Cardio
SMASH Aerobics	10.00 – 10.45	Studio 1	Laura S	Cardio
Yoga	10.30-11.15	Studio 2	Bea	Flexibility
Chair Yoga	11.30-12.15	Studio 2	Bea	Flexibility
*LM Body Pump	11.00 – 11.45	Studio 1	Rach C	Strength
Yogalates	12.00 – 12.45	Studio 1	Annie T	Flexibility
Aqua Strength	12:30 – 13:15	Pool ♣	Sam B	Strength
Retro Spin	17.00 – 17.45	Studio 1	Andy T	Cardio
Body Burn	17.30-18.15	Studio 2	Rob W	Cardio
*LM Body Pump	18:15 – 19.00	Studio 1	Jo M	Strength
Yoga	18.45 – 19.45	Studio 2	Yasue	Flexibility
*LM Core	19.15 – 19.45	Studio 1	Jo M	Strength

FRIDAY	TIME	LOCATION	INSTRUCTOR	
Swim Fit	06.30 – 07.30	Pool ♣	Sarah V	Cardio
Spin	06.30 – 07.15	Studio 1	Sue T	Cardio
Quick Class	08.00 – 08.15	Gym	Gym Team	Cardio
*LM Body Combat	08.45 – 09.30	Studio 1	Laura S	Cardio
Body Burn	09.00 -09.45	Studio 2	Rob W	Strength
Aqua Aerobics	09.15 – 10.00	Pool ♣	Emma S	Cardio
Lanes Mix (1 hr)	09.45– 10.45	Studio 1	Laura S	Cardio
Yoga	10.00 -11.00	Studio 2	Bennie	Flexibility
Spin & Pump Mix	11.00 – 11.45	Studio 1	Karen T	Cardio
Pilates	12.00 – 12.45	Studio 1	Annie T	Flexibility
Tai Chi	13.00 – 14.00	Studio 1	Keith C	Flexibility
Tai Chair (seated Tai Chi)	14.15 – 15.00	Studio 1	Keith C	Flexibility
*LM Body Pump	17.45 – 18.30	Studio 1	Bret	Strength
LBT	17.30-18.15	Studio 2	Rob W	Strength
Spin Circuits	18.40 – 19.25	Studio 1	Andy T	Cardio

SATURDAY	TIME	LOCATION	INSTRUCTOR	
Spin	08.15- 09:00	Studio 1	Mark T	Cardio
Quick Class	09.00 – 09.15	Gym	Gym Team	Cardio
*LM Body Pump (from 21 st Jan)	09.15- 10:00	Studio 1	Norma	Strength
Zumba	10.15-11:00	Studio 1	Maria	Cardio
Conditioning	10.15-11:00	Studio 2	Sally H	Cardio
*LM Body Combat	11.15-12:00	Studio 1	Sally H	Cardio
Aqua Groove	11.45-12.30	Pool ♣	Claire	Cardio
Pure Stretch	12.05 – 12:50	Studio 1	Sally H	Flexibility

SUNDAY	TIME	LOCATION	INSTRUCTOR	
*LM Body Attack	09.00 – 09.45	Studio 1	Richard D	Cardio
Quick Class	09.00 – 09.15	Gym	Gym Team	Cardio
*LM 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

Cardio
Flexibility
Strength