


Exercise Class Timetable

Jan '18

Monday	Ability	Instructor	Time	Venue
● Body Pump	●●●	Caroline M	09.00 - 10.00	Balcony OSM
● Zumba 14+ years	●●	Connie	10.00 - 11.00	Dance Studio OSM
○ Advanced Pilates 14+ years	●●	Tracey	10.00 - 11.00	Balcony OSM
○ Pulse Pilates	●	Tracey	11.00 - 12.00	Balcony OSM
○ Beginner Pilates 14+ years	●●	Tracey	12.00 - 13.00	Balcony OSM
● Kettlebells	●●●	Cat	18.00 - 18.45	Balcony OSM
○ Beginner Pilates 14+ years	●●	Jane	18.00 - 19.00	Cranbrook Education Campus
● Studio Cycling 14+ years	●●●	Ryan	19.00 - 19.45	Balcony OSM
● LBT 14+ years	●●	Aileen	19.00 - 20.00	Dance Studio OSM
○ Intermediate Pilates 14+ years	●●	Jane	19.00 - 20.00	Cranbrook Education Campus
● Beginner Studio Cycling	●●	Ryan	20.00 - 20.30	Balcony OSM
○ Yoga 14+ years	●●	Dominique	20.00 - 21.00	Dance Studio OSM
Tuesday	Ability	Instructor	Time	Venue
○ Yoga 14+ years	●●	Dominique	07.30 - 08.45	Dance Studio OSM
● Kettlebells	●●●	Connie	09.30 - 10.15	Balcony OSM
● Studio Cycling 14+ years	●●●	Rosy	10.30 - 11.15	Balcony OSM
● Body Pump	●●●	Caroline M	11.30 - 12.30	Balcony OSM
● Studio Cycling 14+ years	●●●	Tracey	18.00 - 18.45	Balcony OSM
● Zumba 14+ years	●●	Somer	18.00 - 19.00	Cranbrook Education Campus
● HIIT	●●●●	Cat	19.00 - 19.30	Balcony OSM
● Express Body Pump	●●●	Lou	19.45 - 20.30	Balcony OSM
○ Advanced Pilates 14+ years	●●	Tracey	20.00 - 21.00	Dance Studio OSM
Wednesday	Ability	Instructor	Time	Venue
● Fit 4 All	●	Tracey	09.00 - 10.00	Balcony OSM
● Body Conditioning	●●	Elena	09.50 - 10.50	Gym OSM
○ Intermediate Pilates 14+ years	●●	Tracey	10.00 - 11.00	Balcony OSM
○ Advanced Pilates 14+ years	●●	Tracey	11.00 - 12.00	Dance Studio OSM
● Express Body Pump	●●●	Lou	18.00 - 18.45	Balcony OSM
● Studio Cycling 14+ years	●●●	Rosy	19.00 - 19.45	Balcony OSM
○ Inter/Beginner Pilates 14+ years	●●	Tracey	19.00 - 20.00	Dance Studio OSM
● Kettlebells	●●●	Abigail	20.00 - 20.45	Balcony OSM
○ Yoga 14+ years	●●	Dominique	20.00 - 21.00	Dance Studio OSM
Thursday	Ability	Instructor	Time	Venue
○ Yoga 14+ years	●●	Sam	07.30 - 08.45	Dance Studio OSM
● Studio Cycling 14+ years	●●●	Sabine	09.30 - 10.15	Balcony OSM
● Foam Rolling	●●	Sabine	10.30 - 11.00	Balcony OSM
● HIIT	●●●●	Connie	17.45 - 18.15	Sports Hall
● Body Pump	●●●	Lou	18.00 - 19.00	Balcony OSM
● Zumba 14+ years	●●	Elena	18.30 - 19.30	Main Hall OSM
● Body Blitz	●●	Elena	19.30 - 20.30	Balcony OSM
○ Yoga 14+ years	●●	Charlotte	19.30 - 20.30	Cranbrook Education Campus
○ Inter/Adv Pilates 14+ years	●●	Tracey	19.30 - 20.30	Dance Studio OSM
Friday	Ability	Instructor	Time	Venue
● Zumba 14+ years	●●	Caroline A	10.00 - 11.00	Dance Studio OSM
● Body Pump	●●●	Caroline A	11.00 - 12.00	Balcony OSM
● Studio Cycling 14+ years	●●●	Naomi	17.30 - 18.15	Balcony OSM
● Body Pump	●●●	Naomi	18.30 - 19.30	Dance Studio OSM
Saturday	Ability	Instructor	Time	Venue
● Studio Cycling 14+ years	●●●	Jason/Abigail/Cat	09.30 - 10.15	Balcony OSM
● Kettlebells	●●●	Jason/Abigail/Cat	10.30 - 11.15	Balcony OSM
Sunday	Ability	Instructor	Time	Venue
● Zumba 14+ years	●●	Elena	09.30 - 10.30	Dance Studio OSM

- Cardio
- High Intensity
- Teen
- Pool
- Dance
- Mind & Body
- Strength & Conditioning

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This timetable is correct at the time of publishing, however, the timetable is subject to changes. For daily information contact reception for more details.