

Quad Club Classes Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15am–10am AQUA Jacky Tombs	9am–10am FITSTEPS Frankie Patterson	9am–10am PILATES Sally Kitching	9:15am–10am AQUA Jacky Tombs	9:30am–10:30am PILATES Sally Kitching	7pm–7:45pm INDOOR CYCLING Jacky Tombs
9:30am–10:30am PILATES Sally Kitching	11am–12pm PILATES Sally Kitching	2pm–3pm PILATES Elaine Smith	11am–12pm PILATES Tracy Thomas	10:30am–11:15am YOGA Marika Thomson	
11am–12pm PILATES Tracy Thomas	2pm–3pm CIRCUITS Quad Team	4pm–4.45pm CORE STRENGTH & BALANCE Quad Team	1:30pm–2:15pm HIIT INTERMEDIATE Quad Team	11:30pm–12:30pm FITSTEPS Frankie Patterson	
2pm–2:45pm HIIT BEGINNER Quad Team	6pm–7pm PILATES Tracy Thomas	7pm–7:45pm INDOOR CYCLING Jacky Tombs	6:30pm–7:30pm CIRCUITS Quad Team		
6:30pm–7:15pm HIIT INTERMEDIATE Quad Team	8pm–8:45pm HIIT BEGINNER Quad Team	8pm–8:45pm LEGS, BUMS & TUMS Quad Team			