

SANDHURST HEALTH CLUB

GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM	Fat Burner	Raise the bar Lower Body	Functional Fitness	Boxercise	Raise the bar Upper Body	
7 AM			Aqua Spin			
7.30 AM		Pilates		Pilates		
8 AM	Just Stretch				Just Stretch	Raise the bar Full Body
9 AM						Body Combat
9.30 AM	Yoga				Yoga	
10 AM	Fat Burner	Dance Aerobics	Circuit	Functional Fitness	Raise the bar Full Body	
10.30 AM	Aqua				HydroFunctional JointFit	
11 AM		Tai Chi				
12.15 PM				Aqua Spin		
6.30 PM	Aqua Spin Circuit - Cardio	Raise the bar Lower Body	Aqua Boxercise	Raise the bar Upper Body		
7.10 PM	Aqua Spin					
7.30 PM				Yoga		

Class Duration

30 min

45 min

75 min

90 min