


# FITNESS TIMETABLE FROM 11TH APRIL 2022

Please refer to MyCourts for the latest version

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
06:45 - 07:30 TOTAL TONE LAURA PHOENIX STUDIO		06:45 - 07:30 BOOT CAMP ALEX PHOENIX STUDIO		06:45 - 07:30 CYCLING CIRCUITS GURJ PHOENIX STUDIO		06:45 - 07:30 BODY PUMP MIKE PHOENIX STUDIO		06:45 - 07:30 VIDEO CYCLING MIKE PHOENIX STUDIO					
07:30 - 08:30 WAKE UP YOGA FREDA CLUBHOUSE STUDIO	08:00 - 09:00 VIRTUAL CYCLING PHOENIX STUDIO	08:00 - 09:00 VIRTUAL CYCLING PHOENIX STUDIO		07:30 - 08:30 WAKE UP YOGA FREDA CLUBHOUSE STUDIO	08:00 - 09:00 VIRTUAL CYCLING PHOENIX STUDIO	08:00 - 09:00 VIRTUAL CYCLING PHOENIX STUDIO		08:00 - 09:00 VIRTUAL CYCLING PHOENIX STUDIO		08:00 - 08:30 GRIT/HIT MIKE PHOENIX STUDIO			
09:30 - 10:15 BODY PUMP MIKE PHOENIX STUDIO	09:30 - 10:10 AQUA LISA INDOOR POOL	09:30 - 10:15 CORE MOBILITY GURJ CLUBHOUSE STUDIO	09:30 - 10:15 INTELLIGENT CYCLING MIKE PHOENIX STUDIO	09:30 - 10:15 HIIT STRENGTH GURJ PHOENIX STUDIO	09:30 - 10:10 AQUA LAURA INDOOR POOL	09:30 - 10:15 HIIT CIRCUITS ALEX PHOENIX STUDIO	09:30 - 10:10 AQUA FRANCESCA INDOOR POOL	09:30 - 10:15 BODY ATTACK EMILY PHOENIX STUDIO	09:30 - 10:10 AQUA LAURA INDOOR POOL	09:00 - 10:00 BODY PUMP MIKE PHOENIX STUDIO		09:00 - 09:45 BODY COMBAT BERNIE PHOENIX STUDIO	
10:30 - 11:15 BODY COMBAT PANDA PHOENIX STUDIO	10:30 - 11:15 BEGINNER YOGA LISA CLUBHOUSE STUDIO	10:30 - 11:15 LEGS, BUMS & CORE BERNIE PHOENIX STUDIO		10:30 - 11:15 TOTAL TONE LAURA PHOENIX STUDIO	10:30 - 11:15 CORE, STRENGTH & MOBILITY LISA CLUBHOUSE STUDIO	10:30 - 11:15 BODY PUMP EMILY PHOENIX STUDIO		10:30 - 11:15 BODY PUMP MIKE PHOENIX STUDIO	10:30 - 11:15 CORE PILATES LEE CLUBHOUSE STUDIO	10:30 - 11:15 KEISER CYCLING FITNESS TEAM PHOENIX STUDIO		10:00 - 10:45 KEISER CYCLING FITNESS TEAM PHOENIX STUDIO	
11:30 - 12:15 DANCE FITNESS LAURA PHOENIX STUDIO		11:30 - 12:15 CORE STABILITY LEE CLUBHOUSE STUDIO	11:30 - 12:15 CYCLING CIRCUITS ALEX PHOENIX STUDIO	11:30 - 12:15 THERAPEUTIC YOGA LAURA CLUBHOUSE STUDIO	11:30 - 12:15 KEISER CYCLING LISA PHOENIX STUDIO	11:30 - 12:15 CORE & BACK CARE ALEX CLUBHOUSE STUDIO	11:30 - 12:15 INTELLIGENT CYCLING MIKE PHOENIX STUDIO	11:30 - 12:15 DANCE FITNESS LAURA PHOENIX STUDIO		11:45 - 12:15 CORE FITNESS TEAM CLUBHOUSE STUDIO		11:00 - 11:30 ABS BLAST FITNESS TEAM CLUBHOUSE STUDIO	
13:30 - 14:15 MOVE WITH ME THE NEST		12:45 - 13:45 YOGA ZAK CLUBHOUSE STUDIO				12:30 - 13:30 VINYASA HATHA YOGA ZAK CLUBHOUSE STUDIO		12:30 - 13:15 PILATES VICTORIA CLUBHOUSE STUDIO		13:00 - 13:45 JUNIOR FITNESS FITNESS TEAM PHOENIX STUDIO	13:00 - 15:00 PARENT & JUNIOR GYM	12:30 - 13:30 VINYASA HATHA YOGA FREDA CLUBHOUSE STUDIO	14:00 - 15:00 PARENT & JUNIOR GYM
<b>VIRTUAL CYCLING 1PM - 3PM PHOENIX STUDIO</b>													
16:30 - 17:30 HATHA YOGA FLOW LAURA MAS CLUBHOUSE STUDIO		16:00 - 17:00 PARENT & JUNIOR GYM		16:00 - 17:00 PARENT & JUNIOR GYM						15:00 - 15:45 CYCLING FITNESS TEAM PHOENIX STUDIO		16:00 - 17:00 CORE PILATES LEE CLUBHOUSE STUDIO	
18:00 - 18:45 BALLETTIKS CLAUDIA CLUBHOUSE STUDIO	18:00 - 18:45 INTELLIGENT CYCLING BERNIE PHOENIX STUDIO	18:15 - 19:00 KEISER CYCLING LUKE PHOENIX STUDIO	18:00 - 18:45 BODY BALANCE FREDA CLUBHOUSE STUDIO	18:00 - 18:45 LEGS, ABS & CORE ALEX PHOENIX STUDIO		18:15 - 19:00 CYCLING CIRCUITS GURJ PHOENIX STUDIO	18:00 - 18:45 BODY BALANCE BERNIE CLUBHOUSE STUDIO	18:00 - 18:45 KEISER CYCLING ALEX PHOENIX STUDIO		18:00 - 19:00 VIRTUAL CYCLING PHOENIX STUDIO		<b>EPC ON DEMAND</b>  YOU ARE STILL ABLE TO TAKE PART IN FITNESS CLASSES VIA ZOOM. ASK THE WELCOME DESK TEAM FOR YOUR ACCESS CODES. WE ALSO OFFER A RANGE OF ON DEMAND WORKOUTS THROUGH THE MEMBERS PAGE OF THE WEBSITE.	
19:00 - 19:45 BOOT CAMP GURJ PHOENIX STUDIO		19:15 - 20:00 TOTAL TONE LAURA PHOENIX STUDIO		19:00 - 20:00 YOGA ZAK CLUBHOUSE STUDIO	19:00 - 19:45 BODY PUMP BERNIE PHOENIX STUDIO	19:00 - 19:45 BALLETTIKS CLAUDIA CLUBHOUSE STUDIO	19:15 - 20:00 WEIGHTS CIRCUIT LUKE PHOENIX STUDIO						
CARDIO		STRENGTH & TONING		LOW IMPACT & RELAXATION		CYCLING		MIXED CONDITIONING		JUNIORS		 CRECHE OPEN	