

NORTH LAKES
HOTEL & SPA

Class Timetable

November 2024

For full studio guidelines and terms and conditions
scan the QR code below.



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Monday

6:30 - 7:30	HIIT	14:15 - 15:15	Pilates
9:00 - 10:00	Pure Stretch	17:30 - 18:30	Body Combat
10:00 - 11:00	Yoga	18:00 - 18:45	Spinning
11:15 - 12:15	Pilates	18:45 - 19:15	Body Pump Express
12:15 - 13:00	Aqua Aerobics	19:15 - 19:45	Body Attack
13:15 - 14:15	Fit & Flex		

Tuesday

6:30 - 7:00	HIIT	11:45 - 12:30	AquaFit
7:00 - 7:30	Abs	14:00 - 15:00	Pilates
8:00 - 9:00	Body Balance	17:30 - 18:30	Body Pump
9:00 - 10:00	Body Pump	18:45 - 19:30	Body Conditioning
10:15 - 11:15	Body Combat	19:45 - 20:45	Yoga
11:30 - 12:15	Spinning		

Wednesday

6:30 - 7:30	HIIT & Abs	13:00 - 14:00	Yoga
6:30 - 7:15	Spinning	17:30 - 18:30	Body Pump
8:45 - 9:45	Body Pump & Balance	18:30 - 19:00	HIIT
10:00 - 11:00	Pilates	19:00 - 19:30	Body Attack
12:00 - 12:30	Body Pump Express		

Thursday

6:30 - 7:30	Circuits
7:45 - 8:45	Body Balance
9:00 - 10:00	Legs, Bums & Tums
10:00 - 10:45	Spinning
17:15 - 18:15	Body Combat
18:30 - 19:30	Yoga
19:45 - 20:45	Circuits

Friday

6:30 - 7:30	Body Pump
6:30 - 7:00	Spinning
7:45 - 8:45	Body Balance
9:00 - 10:00	Body Tone
10:00 - 10:45	Spinning
10:00 - 11:00	Pilates
11:00 - 12:00	Pilates
17:30 - 18:30	Body Pump

Saturday

8:00 - 9:00	Pure Stretch
9:15 - 10:15	Body Combat

Sunday

8:45 - 9:45	Yoga
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