

FITNESS TIMETABLE

RESIDENTS AND MEMBERS

SOURCE
SPA AND WELLNESS

Pre-booking essential

Monday

Time	Class	Instructor	Fitness goal	Location
8.30am-9.30am	Pilates	Natasha Burgess	Flexibility	Activity Dome
10am-11am	Workout of the Day	Bethany Jackson	Burn	Activity Dome
6.30pm-7.30pm	Meditation	Natasha King	Relax	Activity Dome

Tuesday

Time	Class	Instructor	Fitness goal	Location
8.30am-9.30am	Sun Practice – Hatha Yoga	Natasha King	Energise	Activity Dome
9.15am-10.15am	Tennis Coaching	Rob Cook	Train	Tennis Court
12pm-1pm	Full Body Workout	Kate Burrows	Burn	Activity Dome
6.30pm-7.30pm	Evening Unwind Vinyasa Yoga	Jessica Wright	Relax	Activity Dome

Wednesday

Time	Class	Instructor	Fitness goal	Location
9am-10am	Pilates	Natasha Burgess	Flexibility	Activity Dome
4pm-5pm	Power Hour Bootcamp	Bethany Jackson	Burn	Activity Dome
5pm-6pm	Workout of the Day	Bethany Jackson	Burn	Activity Dome

Thursday

Time	Class	Instructor	Fitness goal	Location
7am-8am	Energising Yoga	Jessica Wright	Energise	Activity Dome
9am-10am	Power Hour Bootcamp	Bethany Jackson	Burn	Activity Dome
5pm-6pm	Reset + Unwind Yoga	Jessica Wright	Relax	Activity Dome

Friday

Time	Class	Instructor	Fitness goal	Location
9.30am-10.30am	Feel-good Friday Flow Yoga	Jessica Wright	Energise	Activity Dome
11am-12pm	Functional Living 55+	Bethany Jackson	Strength	Activity Dome

Saturday

Time	Class	Instructor	Fitness goal	Location
10.30am-11.30am	Saturday Sweat	Bethany Jackson	Burn	Activity Dome
5pm-6pm	Moon Practice Yoga	Natasha King	Relax	Activity Dome

Sunday

Time	Class	Instructor	Fitness goal	Location
10am-11am	Yin Yoga	Natasha King	Relax	Activity Dome