

# ACORNS CLASS TIMETABLE

## MONDAY

- 09:30 | AQUA
- 09:30 | MOBILITY
- 10:00 | BODY PUMP
- 11:15 | YOGA FLOW
- 17:45 | AQUA
- 17:45 | HIIT CONDITIONING
- 18:30 | BODY PUMP
- 18:45 | SPIN
- 19:45 | YOGA

## TUESDAY

- 09:30 | BODY CONDITIONING
- 10:30 | MOBILITY
- 10:45 | PILATES
- 12:00 | SPIN
- 12:45 | HIIT CORE STRENGTH
- 18:00 | BODY COMBAT
- 19:15 | SPIN

## WEDNESDAY

- 09:00 | LEGS, BUMS 'N' TUMS
- 09:30 | HIIT CIRCUITS
- 10:30 | MOBILITY
- 11:15 | FIT STEPS
- 12:15 | SPIN
- 17:45 | HIIT CONDITIONING
- 18:30 | BODY PUMP
- 18:30 | SPIN TECHNIQUE
- 18:45 | BEGINNERS SPIN
- 19:00 | AQUA ZUMBA
- 19:15 | HIIT CORE

## THURSDAY

- 09:15 | PUMP TECHNIQUE
- 09:30 | BODY PUMP
- 10:00 | SPIN
- 11:00 | PILATES
- 18:30 | ADVANCED SPIN
- 18:30 | ZUMBA
- 19:30 | CIRCUITS

## FRIDAY

- 09:15 | FLEXFIT
- 09:30 | HIIT CONDITIONING
- 10:15 | AQUA
- 10:15 | BODY COMBAT
- 10:30 | MOBILITY
- 18:00 | SPIN
- 19:00 | BODY BALANCE

## SATURDAY

- 09:00 | SPIN
- 10:15 | BODY PUMP
- 11:30 | PILATES

## SUNDAY

- 08:45 | SPIN
- 09:45 | BODY SCULPT
- 11:00 | ZUMBA

