

CLASS TIMETABLE

MON

TUE

WED

THU

FRI

SUN

06:00
SWIM
SQUAD

06:00
SPIN

06:00
SWIM
SQUAD

07:00
PILATES

07:00
BW BLITZ

07:00
YOGA

07:00
BW BLITZ

07:00
PILATES

08:30
YOGA

12:30
SPIN
45 MINUTES

12:30
CIRCUIT
45 MINUTES

12:30
RUN CLUB

12:30
ATHLETIC
PILATES
45 MINUTES

12:30
CYCLE
FUSION
45 MINUTES

12:30
STROKE
CORRECTION

18:00
YOGA

Limited space available, please book your class by emailing addesk@tattersallsclub.org to avoid disappointment.



- Denotes classes will be streamed on Zoom.