







CLASS TIMETABLE

| MON | TUE | WED | THU | FRI | SUN |
|---|---|---|--|---|--|
| 06:00 SWIM SQUAD | 06:00 ATHLETIC PILATES | 06:00 BOOT CAMP | 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 SPIN 45 MINUTES | 12:30 ATHLETIC PILATES 45 MINUTES | 12:30 CYCLE FUSION 45 MINUTES | |
| | | 12:30 STROKE CORRECTION | | | |
| 18:00 YOGA  | 18:00 PILATES  | | | | |

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



- Denotes classes will be streamed on Zoom.