







# 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 HIIT	07:00 YOGA 	07:00 WEIGHTS CIRCUIT	07:00 PILATES 	
		12:00 ULTIMATE STRENGTH 45 MINUTES			08:30 YOGA 
12:30 SPIN 45 MINUTES	12:30 FOCUS 45 MINUTES	12:30 STROKE CORRECTION	12:30 ATHLETIC PILATES 45 MINUTES	12:30 CYCLE FUSION 45 MINUTES	
		12:45 ULTIMATE CONDITIONING 45 MINUTES			
18:00 YOGA 	18:00 PILATES 				

Limited space available, please book your class by emailing [addesk@tattersallsclub.org](mailto:addesk@tattersallsclub.org) to avoid disappointment.



- Denotes classes will be streamed on Zoom.