

CLASS TIMETABLE

MON

TUE

WED

THU

FRI

SAT

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



09:00
OSTEO
STRONG

09:00
OSTEO
STRONG

09:00
OSTEO
STRONG

08:30
YOGA



12:00
STROKE
CORRECTION

12:00
AQUA
AEROBICS

12:30
SPIN
45 MINUTES

12:30
FOCUS
45 MINUTES

12:30
BOXING
45 MINUTES

12:30
FOCUS 2.0
45 MINUTES

12:30
RUN CLUB

12:45
STRETCH
& UNWIND
30 MINUTES

18:00
YOGA



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



- Denotes classes will be streamed on Zoom.