

# 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



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](mailto:athletic@tattersallsclub.org) to avoid disappointment.



- Denotes classes will be streamed on Zoom.