

# CLASS TIMETABLE

## MONDAY

6.45am **Total Performance Circuit** <sup>s</sup>  
(45 mins) Ebony Webber

4.45pm **Aqua Vitality** <sup>ip op</sup>  
(45 mins) Lynda Festa

## TUESDAY

9.30am **Pilates** <sup>s</sup>  
(45 mins) Lynda Festa

10.30am **Body Conditioning** <sup>s</sup>  
(45 mins) Lynda Festa

## WEDNESDAY

6.45am **Full body burn** <sup>s</sup>  
(30 mins) Ebony Webber

9.15am **Sculpt & Tone** <sup>s</sup>  
(45 mins) Ebony Webber

5.45pm **HIIT** <sup>s</sup>  
(45 mins) Lynda Festa

6.45pm **Pilates** <sup>s</sup>  
(45 mins) Lynda Festa

## THURSDAY

7am **Total Performance Circuit** <sup>s</sup>  
(45 mins) Lynda Festa

9am **Aqua Vitality** <sup>ip op</sup>  
(45 mins) Lynda Festa

10am **Legs, Glutes & Core** <sup>s</sup>  
(45 mins) Lynda Festa

## FRIDAY

6.45am **Full Body Burn** <sup>s</sup>  
(30 mins) Ebony Webber

10.15am **Body Conditioning** <sup>s</sup>  
(30 mins) Ebony Webber

## KEY

<sup>s</sup> Class held in the studio

<sup>ip</sup> Class held in the indoor pool

<sup>op</sup> Class held in the outdoor pool



# CLASS INFORMATION

## **Total Performance Circuit**

An expertly guided full-body circuit incorporating resistance machines, cardio equipment and functional training zones. Designed to enhance muscular endurance, cardiovascular health and gym confidence in a structured class format. Get ready to sweat and work!

## **Strength & Precision**

A performance-driven session focused on function strength, joint stability and muscular balance. Ideal for those seeking improved physical resilience, power and long-term conditioning.

## **Body Conditioning**

A low-impact, results-focused workout targeting all major muscle groups. Bodyweight is used to enhance tone, mobility and muscular endurance in a controlled format.

## **Aqua Vitality**

A refreshing aqua workout designed to promote cardiovascular fitness, joint mobility and muscle tone - all without impact. Ideal for those seeking an energising, therapeutic approach to movement in the water.

## **Pilates**

A focused, mat based practice designed to enhance core integrity, postural alignment and muscular control. Perfect for those seeking mindful movement, improved mobility and functional strength.

## **Full Body Burn**

An invigorating, high energy class that combines compound strength, core engagement and metabolic conditioning for a total-body transformation. Designed for individuals who value performance and intensity.

## **Sculpt & Tone**

A meticulously structured session that blends light resistance, high repetition and targeting toning for visible definition and postural grace. Ideal for those seeking lean muscle, strength and physical refinement.

## **HIIT**

A structured, high-intensity interval training session designed for efficiency and performance. Expect a programme targeted for enhancing cardiovascular capacity, metabolic rate and total body strength.

## **Legs, Glutes, Core**

A refined take on the classic 'Legs, Bums & Tums' — this session focuses on shaping and strengthening the areas that matter most. With targeted lower-body work and deep core activation, it delivers noticeable definition, posture support, and lower-body endurance in an elegant, energised format.



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