



CLASS TIMETABLE

MONDAY

- 6.45am **Total Performance Circuit** ^s
(45 mins) Ebony Webber
- 4.45pm **Aqua Vitality** ^{ip}
(45 mins) Lynda Festa

TUESDAY

- 8.30am **Pilates** ^s (45 mins) Lynda Festa
- 9.30am **Pilates** ^s (45 mins) Lynda Festa
- 10.30am **Body Conditioning** ^s
(45 mins) Lynda Festa
- 11.30am **Pilates** ^s (45 mins) Lynda Festa

WEDNESDAY

- 6.45am **Full body burn** ^s
(45 mins) Ebony Webber
- 9.15am **Sculpt & Tone** ^s
(45 mins) Ebony Webber
- 5.30pm **HIIT** ^s (45 mins) Lynda Festa
- 6.30pm **Pilates** ^s (45 mins) Lynda Festa
- 7.30pm **Aqua Vitality** ^{ip}
(45 mins) Lynda Festa

THURSDAY

- 7am **Total Performance Circuit** ^s
(45 mins) Lynda Festa
- 9am **Aqua Vitality** ^{ip}
(45 mins) Lynda Festa
- 10am **Legs, Glutes & Core** ^s
(45 mins) Lynda Festa
- 7.30pm **Pilates** ^s (45 mins) Lynda Festa

FRIDAY

- 6.45am **Full Body Burn** ^s
(45 mins) Ebony Webber
- 10.15am **Body Conditioning** ^s
(45 mins) Ebony Webber

KEY

- ^s Class held in the studio
- ^{ip} Class held in the indoor pool
- ^{op} 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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