



Redwood Class Timetable

From March 2022

Time	Class	Instructor	Gym use allowed
MONDAY			
10:30-11:15	Pilates	Sean	No
11:30-12:00	Chair Fitness	Oli	No
16:30-17:15	Yoga	Sam	No
18:00 - 18:45	Pilates	Sean	No
TUESDAY			
08:30 - 09:15	Aqua Fit	Mia	Pool/ wet side - No
09:30 – 10:30	Yoga	Mia	No
11:00 – 11:45	Qi-Gong	Alexandra	No
WEDNESDAY			
09:30 – 10:15	Pilates	Sean	No
10:30 – 11:15	Circuits	Oli	No
11:30-12:00	Chair Fitness	Oli	No
17:00-17:45	Pilates	Sean	No
18:00-18:45	Circuits	Oli	No
THURSDAY			
10:30 – 11:30	Yoga	Sam	No
18:00 -18:45	Qi-Gong	Alexandra	No
FRIDAY			
09:30 – 10:15	Pilates	Sean	No
09:45 – 10:30	Aqua Fit	Mia	Pool/ wet side - No
10:30 - 11:15	Circuits	Oli	No
11:30 – 12:00	Chair Fitness	Oli	No

Advance booking required and subject to availability. Book online via Smoothbook to use the gym, pool, and for classes.

Training Program – We offer as much or as little support as you need. All owners and members will receive an induction session on first visit which includes expert fitness advice.

Personal Training – It is so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you are focusing on the right exercises. A Personal Trainer will not just help your fitness, they will help you reach your goals so much faster and have fun while you are at it.
(Additional charges will apply)