



# Mote House Class Timetable

From March 2022

Time	Class	Instructor	Gym use allowed
<b>MONDAY</b>			
10:00 - 10:30	Seated Exercise	Phillipa	Yes
11:30 – 12:00	Exercise to Music (Owners only) <i>Walled Garden</i>	Phillipa	Yes
15:00 – 1545	Pilates	Kim	Yes
17:00 – 17:45	Aqua Fit	Phillipa	Pool/ wet side – No
<b>TUESDAY</b>			
10:00 – 10:45	Aqua Therapy (Owners only)	Phillipa	Pool/ wet side - No
11:00 – 11:45	Zumba Gold	Phillipa	Yes
11:30 – 12:15	Aqua Fit	Cate	Pool/wet side - No
<b>WEDNESDAY</b>			
10:00 – 10:45	Pilates	Phillipa	Yes
11:30 – 12:00	Exercise to Music (Owners only) <i>Mote House</i>	Phillipa	Yes
15:15 – 1600	Aqua Fit	Cate	Pool/wet side - No
<b>THURSDAY</b>			
09:30 – 10:15	Aqua Fit	Cate	Pool/wet side – No
<b>FRIDAY</b>			
09:30 – 10:15	Aqua Fit	Phillipa	Pool/wet side – No
11:30 – 12:00	Exercise to Music (Owners only) <i>Alexander Court</i>	Phillipa	Yes
14:00 – 14:45	Stretch	Phillipa	Yes
<b>SATURDAY</b>			
10:00 – 10:45	Pilates	Kim	Yes
<b>SUNDAY</b>			

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)