

Whitefield Class Timetable

Last updated: November 2024

Please note that weekly class timetables are subject to change.

totalfitness

Monday		6:00 - 22:00	
09.15-10.00	H.I.I.T	Fitness Coach	Lower Gym
09.30-10.30	Pilates	Sonya	Mind & Body Studio
09.30-10.15	Total Tone	Christina	Studio 1
09.30-10.15	Spin	Kelly	Spin Studio
10.15-11.00	Aerobics	Christina	Studio 1
10.20-11.00	Aqua	Kasia	Small Pool
10.45-12.00	Yoga	Ann	M & B
11.15-12.00	Zumba	Kasia	Studio 1
14.20-15.00	Aqua	Abi	Small Pool
17.45-18.30	Zumba Tone	Dionne	Studio 1
18.15-19.15	Pilates	Marion	M & B
18.15-19.00	Spin	Eddie	Spin Studio
18.30-19.15	Body Step	Dionne	Studio 1
19.15-20.00	Body Pump	Dionne	Studio 1
19.20-20.00	Aqua	Abi	Small Pool

Wednesday		6:00 - 22:00	
09.20-10.00	Aqua Zumba	Leanne	Small Pool
09.30-10.00	Core Conditioning	Fitness Coach	Gym Floor
09.30-10.15	Spin	Kirstie	Spin Studio
10.20-11.00	Aqua	Kasia	Small Pool
10.30-11.15	Zumba	Leanne	Studio 1
10.30-11.30	Pilates	Sonia	Mind & Body Studio
17.30-18.30	Yoga	Adam	Mind & Body Studio
17.45-18.30	Les Mills Body Pump	Dionne	Studio 1
18.30-19.15	Les Mills Body Step	Dionne	Studio 1
18.35-19.20	Spin	Claire	Spin Studio

Friday		6:00 - 21:00	
09.15-10.00	Body Pump	Leanne	Studio 1
09.30-10.30	Coach by Colour	Marion	Spin Studio
09.30-10.30	Pilates	Angela	Mind & Body Studio
10.00-10.45	Spin	Kirstie	Spin Studio
10.05-10.50	Zumba	Leanne	Studio 1
10.15-11.05	Aqua	Kasia	Small Pool
10.45-12.00	Yoga	Nicola	Mind & Body Studio
11.15-12.00	Aqua Zumba	Leanne	Small Pool

Tuesday		6:00 - 22:00	
09.15-10.00	Total Tone	Christina	Studio 1
09.20-10.00	Aqua	Sheryl	Small Pool
10.15-11.00	Spin	Kirstie	Spin Studio
10.15-11.15	Les Mills Body Balance	Sheryl	Studio 1
10.20-11.00	Aqua	Kasia	Small Pool
10.30-11.30	Pilates	Angela	Mind & Body Studio
11.40-12.35	Stretch	Kasia	Studio 1
17.30-18.15	Coach by Colour	Marion	Spin Studio
18.30-19.15	Les Mills Body Combat	Kelly	Studio 1
19.30-20.30	Pilates	Noelle	Mind & Body Studio

Thursday		6:00 - 22:00	
09.15-10.00	Spin	Stacey	Spin Studio
09.20-10.00	Aqua	Sheryl	Small Pool
09.30-10.15	Bootcamp	Fitness Coach	Lower Gym
10.30-11.15	Young at Heart	Marion	Studio 1
10.30-11.30	Yoga	Anne	Mind & Body Studio
14.20-15.00	Aqua	Rab	Small Pool
17.30-18.15	L.B.T	Nabila	Studio 1
18.15-19.30	Les Mills Body Combat	Nabila	Studio 1
18.30-19.30	Pilates	Nicola	Mind & Body Studio
18.30-19.45	Bootcamp	Fitness Coach	Lower Gym
19.30-20.30	Yoga	Nicola	Mind & Body Studio

Saturday		8:00 - 19:00	
09.15-10.00	Les Mills Body Pump	Dionne	Studio 1
09.30-10.30	Pilates	Nicola	Mind & Body Studio
09.45-10.30	Athletic Performance	Fitness Coach	Rig
10.00-10.45	Spin	Claire	Spin Studio
10.00-10.45	Les Mills Body Step	Dionne	Studio 1
10.45-11.45	Yoga	Nicola	Mind & Body Studio
10.45-11.30	Body Tone	Dionne	Studio 1
11.30-12.15	Zumba	Nabila	Studio 1

Sunday		8:00 - 19:00	
09.30-10.00	HIIT	Eddie	Studio 1
10.00-10.40	Aqua	Claire	Small Pool
10.15-10.45	Spin	Eddie	Spin Studio
10.45-11.25	Aqua	Claire	Small Pool
11.30-12.30	Yoga	Anne	Mind & Body Studio