



# MOTION

LEISURE CLUB

## CLASSTIME TABLE

### MONDAY

6:15am Body Con  
9:30am Spin  
10:15am Aqua Motion  
5:45pm META HIIT

### TUESDAY

6:30am Core Conditioning  
6pm Ladies Bootcamp

### WEDNESDAY

9:30am Spin Boost  
7:30pm Evening Spin

### THURSDAY

7am Body Blast  
10:15am Aqua Motion  
6:15pm 30 Minute Express

### FRIDAY

6:30am Ladies Body Con  
10am METTA Con  
5:45pm Ladies Bootcamp  
7:30pm Stretch & Flex

### SATURDAY

9am Masterclass