

Adult Fitness Class Timetable

Also see our event listings online



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Core & Tone (N) 1030 (45m) Canopy 1 with Dani	Post Natal Pilates (E) 12pm (50m) Canopy 1 Tiny baby & Mum	Parent & Baby Yoga (E) 11am (45m) Canopy 1 Mixed ages	Body Conditioning (Baby friendly) (N) 1345 (45m) Canopy 1 with Dani	Moving Mamas (E) 1030am (1h) Canopy 1
Body Conditioning (Baby friendly) (N) 1130 (45m) Canopy 1 with Dani	Body Conditioning (N) 1315 (45m) Canopy 1 with Ilze	Parent & Baby Yoga (E) 12pm (45m) Canopy 1 Mixed ages	Core & Tone (Baby friendly) (N) 1445 (45m) Canopy 1 with Dani	Buggy Fitness (Baby friendly) (N) 3:35 (45m) Canopy 1 with Ilze
Body Conditioning (N) 1230(45m) Canopy 1 with Dani	Core & Tone (N) 1415 (45m) Canopy 1 with Ilze			Core & Tone (N) 4:35 (45m) Canopy 1 with Ilze
Buggy Fitness (N) 1:30(45m) Outside the entrance with Dani	Body Conditioning (N) 1515 (45m) Canopy 1 with Ilze			

N = Nest Club own classes - Pay as u go or included in our passes and Monthly Memberships E = Book with external provider

