



BRENTWOOD SCHOOL SPORTS CENTRE

# WEEKLY CLASS SCHEDULE 2026

STAY CONSISTENT, STAY STRONG

## MONDAY

6:30AM–7:15AM (NEW) – **PILATES SCULPT** (WENDY)  
6:30PM–7:30PM – **CARDIO TONE** (JULIE)  
7:30PM–8:30PM – **CIRCUITS** (JULIE)  
7:30PM–8:30PM – **PILATES** (JAN)  
8:00PM–9:00PM – **YOGA** (WENDY)

## TUESDAY

6:30PM–7:15PM – **SPIN** (SALLY)  
7:30PM–8:45PM – **TOTAL BODY & STRETCH** (JULIE)  
7:30PM–8:15PM – **AQUA** (SALLY)  
8:00PM–9:00PM – **YOGA** (LIN)

## WEDNESDAY

6:00PM–6:30PM (CLASS CHANGE) – **BODY SCULPT** (ALFIE)  
6:30PM–7:30PM – **TONE & STRENGTH** (ALFIE)  
7:30PM–8PM (CLASS CHANGE) – **ADVANCED WEIGHTS** (ALFIE)  
7:30PM–8:30PM – **PILATES** (JAN)

## THURSDAY

5:45PM–6:15PM – **EXPRESS SPIN** (SALLY)  
6:30PM–7:30PM – **LBT** (SALLY)  
7:30PM–8:15PM – **AQUA** (JAN)  
7:40PM–8:40PM – **YOGA** (LIN)

## SUNDAY

9:30AM–10:15AM (NEW TIME) – **SPIN** (RISHI & LUCIE)

