torquay		B									
December 2023 GROUP FITNESS TIMETABLE											
A TAB S A N D S HEASTH	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
6:15 am	SWEAT HIIT Toto (R)	STRENGTH Toto (G) YOGA Jo (R)	HIIT BOXING Toto (R)	STRENGTH Cat (G)							
7.00am					HIIT BOXING Toto (R)						
8.00am			PILATES Cat (R)								
8:15 am						STRENGTH Toto (G)					
9:15 am		STRENGTH Toto (G)	STRENGTH Cat (G)	STRENGTH Cat (G)	YOGA VINYASA Jo (R)	STRENGTH Toto (G)					
10:15 am	YOGA VINYASA Jo (R)		YOGA Julie (R)	PILATES Cat (R)							
5.30 pm					YIN YOGA Aleisja (R)						
6:00 pm	SWEAT HIIT Cat (R)	STRENGTH Cat (G)	STRENGTH Toto (G)	STRENGTH Toto (G)							
7:00 pm	YOGA VINYASA Jo (R)		YOGA Julie (R)	YOGA VINYASA Jo (R)							
KEY	(R) Rotunda	(G) Gym									
	_	Α	QUATIC GRO	UP FITNESS	5		_				
8am											
9am					AQUA FIT Jenene						
10am	AQUA FIT Lou			AQUA FIT Jenene							
11am	AQUA FIT Lou			AQUA FIT Jenene							
2pm		AQUA FIT									

2pm	
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Step 1- Download the MindBody app.

SANDS HEALTH

Step-2 Once the app has downloaded press "continue with email."

Step 3- Using the email that is connected to your Sands Health Club membership, enter your email address.

The email address receiving this this email from is the email you will use. Step 4- Once you have enter you email press "forgot password?"

Step 5- Go to your email inbox and follow the link from MindBody to reset your password.

Step 6- Go back to the app and enter new password.

Step 7- Using the search button search "The Sands Health Club"- filter to business to make easier

Step 8- Add the Health Club to your "favorites" for easy access to your bookings.





THE SANDS HEALTH LAP LANE AVAILABILITY

	Monday			Tues	sday	/	Wed	nesda	У		Thursc	lay		Fric	day	Saturday			Sunday		
	Recreation	Lane 1	Lane 2	Recreation	Lane 1	Lane 2	Recreation	Lane 1	Lane 2	Recreation	Lane 1	Lane 2	Recreation	Lane 1	Lane 2	Recreation	Lane 1	Lane 2	Recreation	Lane 1	Lane 2
6:00 am																					
6:30 am																					
7:00 am																Adult Swim School					
7:30 am				Half Lane			Half Lane									Adult Swim School					
8:00 am				Swim School			Swim School				Pool Clo	sed				Swim	Scho	ol			
8:30 am				Swim School			Swim School			Pool Closed					Swim School						
9:00 am				Swim School			Swim School			Pool Closed				UA IT		Swim School					
9:30 am				Swim School			Swim School			Pool Closed			AQUA FIT			Swim School					
10:00 am				Swim School			Swim School			AQ	UA FIT					Swim	Scho	ol			
10:30 am	AQU	A FIT		Swim School			Swim School			AQ	UA FIT					Swim	Scho	ol			
11:00 am	AQUA FIT			Swim School			Swim School			AQUA FIT					Swim	Scho	ol				
11:30 am	AQUA FIT			Swim School			Swim School			AQ					Swim School (Finishes at 12pm)						
12:00 pm				Swim School			Swim School														
12:30 pm				Swim School			Swim School														
1:00 pm				Swim School																	
1:30 pm																					
2:00 pm				AQUA F	TI										Swim School						
2:30 pm				AQUA F	TIT								Swim School								
3:00 pm				Swim School		ol		Swim school							Swim chool						
3:30 pm			Swim School	Swim School			Swin Schoo				Swim School			Swim chool							
4:00 pm			Swim School	Swim School			Swin Schoo		Swim School		Swim School										
4:30 pm	Swim School		hool	Swim School			Swim School			Swim School			Swim School								
5:00 pm	Swim School		hool	Swim School			Swim School			Swim School			Swim School								
5:30 pm	n Swim School		Swim School			Swim School			Swim School			Swim School									
6:00 pm	Swim School		Swim School			Swim School			Swim School			Swim School									
6:30 pm	(Finishes at 7pm)		Swim School (Finishes at 7pm)		Swim School (Finishes at 7pm)		Swim School (Finishes at 7pm)			/im 100l											
7:00 pm																					
7:30 pm																					
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pm																					