

## Fitness Class Timetable Commencing Tuesday 4<sup>th</sup> January 2022

Monday – Fitness Classes	
Time	Session
09:15 - 10:15	Gentle Exercise
09:45 – 10:20	Synrgy
10:25 – 11:00	Synrgy
10:20 – 11:20	Keep Moving
11:00 – 12:00	Pilates
12:15 – 13:00	BodyPump
18:30 – 19:15	Studio Cycling
18:30 – 19:30	BodyPump
19:30 – 20:30	Pilates
19:45 – 20:45	Zumba

Tuesday – Fitness Classes	
Time	Session
09:30 – 10:30	BodyPump
09:45 – 10:20	Synrgy
10:25 – 11:00	Synrgy
11:00 – 12:00	Yoga
13:00 – 14:00	Pilates
17:30 – 18:30	BodyPump
18:00 – 18:45	Legs, Bums, Tums
18:35 – 19:20	Studio Cycling
19:00 – 19:45	Circuits
19:00 – 20:00	Yoga
19:30 – 20:15	Studio Cycling

Wednesday Fitness Classes	
Time	Session
09:15 – 10:15	Gentle Exercise
09:45 – 10:20	Synrgy
10:25 – 11:00	Synrgy
10:20 – 11:20	Keep Moving
12:00 – 12:45	Studio Cycling
13:00 – 14:00	Pilates
17:15 – 18:00	HIIT Strength
18:15 – 19:15	Zumba
18:15 – 19:00	Studio Cycling
19:30 – 20:30	Pilates

Thursday Fitness Classes	
Time	Session
09:30 – 10:30	Yoga
09:45 – 10:20	Synrgy
10:25 – 11:00	Synrgy
09:30 – 10:15	Aqua Mobility

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11:00 – 12:00	Zumba
18:00 – 18:45	Studio Cycling
18:00 – 19:00	Zumba
18:00 -19:00	Step Aerobics
19:00 – 20:00	Yoga
19:00 – 19:45	Aqua Aerobics
19:05 – 19:50	BodyPump

### Friday – Fitness Classes

Time	Session
09:30 – 10:30	Zumba
09:45 – 10:20	Synrgy
10:25 – 11:00	Synrgy
10:30 – 11:30	Yoga
12:00 – 13:00	BodyPump
17:30 – 18:15	HIIT Strength

### Saturday – Fitness Classes

Time	Session
09:00 – 09:45	Studio Cycling
09:30 – 10:30	Zumba
09:45 – 10:20	Synrgy
09:50 – 10:35	Studio Cycling
10:45 – 11:30	BodyPump

### Sunday – Fitness Classes

Time	Session
09:30 – 10:30	Step Aerobics
11:00 – 12:00	Zumba