

## Fitness Class Timetable

### Commencing Monday 16<sup>th</sup> May 2022

Monday – Fitness Classes	
Time	Session
09:30 – 10:30	Gentle Exercise
11:00 – 12:00	Yoga Hatha Flow
17:15 – 18:00	Studio Cycling
17:30 – 18:15	Body Combat
17:45 – 18:45	Circuits
18:30 – 19:30	Step Aerobics
19:15 – 20:15	Clubbercise

Tuesday – Fitness Classes	
Time	Session
07:00 – 07:45	Studio Cycling
09:45 – 10:30	Studio Cycling
10:00 – 11:00	Zumba
10:30 – 11:30	Yoga Hatha Flow
11:15 – 12:15	Zumba Strong (Strong Nation)
12:15 – 13:00	Studio Cycling
18:00 – 18:45	Studio Cycling
18:00 – 19:00	Legs Bums Tums
18:00 – 19:00	Pilates
19:15 – 20:15	Body Pump
19:30 – 20:30	Zumba Tone
19:15 – 20:00	Aqua Aerobics
19:00 – 20:00	Yoga

Wednesday – Fitness Classes	
Time	Session
07:00 – 07:45	Body Pump
09:15 – 10:15	Pilates
10:00 – 10:45	Studio Cycling
10:30 – 11:30	Zumba
11:00 – 11:45	Legs Bums Tums
12:00 – 13:00	Studio Cycling
13:30 – 14:30	Yoga Hatha
17:45 – 18:30	Studio Cycling
18:00 – 19:00	Body Combat
18:15 – 19:15	Zumba
19:30 – 20:30	Circuits
19:00 – 19:45	Aqua Aerobics
19:30 – 20:30	Yoga

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### Commencing Monday 16<sup>th</sup> May 2022

Thursday - Fitness Classes	
Time	Session
07:00 – 07:45	Studio Cycling
09:30 – 10:15	Body Combat
09:30 – 10:30	Zumba
11:00 – 12:00	Yoga Hatha Flow
11:15 – 12:00	Aqua Aerobics
12:15 – 13:00	Circuits
16:30 – 17:30	Yoga Vinyasa
18:00 – 18:45	Body Pump
18:30 – 19:15	Studio Cycling
19:00 – 19:45	Zumba
19:15 – 20:00	Kettlebells

Friday – Fitness Classes	
Time	Session
07:00 – 07:45	Body Combat
09:30 – 10:30	Zumba Gold
10:00 – 10:45	Pre-Natal Pilates
10:00 – 10:45	Studio Cycling
11:00 – 11:45	Post-Natal Pilates
11:00 – 12:00	Active Life Circuits
13:30 – 14:30	Pilates
16:00 – 17:00	Yoga Vinyasa
17:30 – 18:30	Dance Fit
18:00 – 18:45	Studio Cycling
19:00 – 20:00	Body Pump

Saturday – Fitness Classes	
Time	Session
08:15 – 09:15	Body Combat
08:15 – 09:15	Yoga Vinyasa
09:30 – 10:30	Functional Fit
09:40 – 10:40	Step Aerobics
10:45 – 11:45	Body Pump
10:45 – 11:15	HiiT Step
11:25 – 11:55	Core
12:00 – 13:00	Zumba

Sunday – Fitness Classes	
Time	Session
08:15 – 09:00	Body Pump
10:00 – 10:45	Studio Cycling
10:45 – 11:30	Active HIIT Cardio
11:45 – 12:30	Clubbercise
17:45 – 18:45	Circuits