

Fitness Class Timetable Commencing Tuesday 4th January 2022

Monday – Fitness Classes	
Time	Session
10:00 – 10:45	Aqua Aerobics
11:30 – 12:15	Gentle Exercise
14:00 – 15:00	Pilates
17:00 – 17:45	Studio Cycling
18:00 – 18:45	BodyPump
18:00 – 18:30	Active Core
18:35 – 19:05	Active HIIT Strength
19:30 – 20:30	Zumba

Tuesday – Fitness Classes	
Time	Session
09:30 – 10:15	Aerobics
10:20 – 11:05	LBT
14:00 – 15:30	Yoga
18:15 – 19:15	Yoga
18:15 – 19:00	Studio Cycling
19:30 – 20:30	Zumba

Wednesday - Fitness Classes	
Time	Session
09:30 – 10:15	Aqua Aerobics
14:00 – 15:30	Yoga
17:30 – 18:15	Zumba
18:00 – 18:45	BodyPump
18:30 – 19:15	Pilates
19:00 – 19:45	Studio Cycling

Thursday Fitness Classes	
Time	Session
09:30 - 10:15	Aerobics
10:20 – 11:05	LBT
12:00 – 13:00	DanceFit
14:00 – 15:00	Pilates
17:15 – 17:45	Active Core
18:00 – 18:45	LBT
18:00 - 18:45	Studio Cycling
19:00 – 19:45	BodyPump

Friday – Fitness Classes	
Time	Session
09:15 – 09:45	Active HIIT Strength
09:50 – 10:20	Active Core
15:00 – 16:00	Yoga

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17:45 – 18:30	Studio Cycling
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Saturday – Fitness Classes

Time	Session
09:00 – 09:45	Pilates
09:00 – 09:45	Studio Cycling
10:00 – 10:45	BodyPump

Sunday – Fitness Classes

Time	Session
10:15 – 11:15	Zumba