

Fitness Class Timetable Commencing 1st May 2022

Monday – Fitness Classes	
Time	Session
07.15am – 07.45am	Active HIIT
10.00am – 11.00am	Keep Moving (Intermediate)
11.15am – 12.15pm	Keep Moving (Advanced) – Invite Only
13.00pm – 14.30pm	Yoga (Hatha)
17.30pm – 18.30pm	Legs, Bums & Tums
19.00pm – 20.00pm	Circuits
19.00pm – 20.00pm	Pilates
20.15pm – 21.15pm	Yoga

Tuesday – Fitness Classes	
Time	Session
10.00am – 11.00am	Healthy Tai Chi
10.30am – 11.30am	Pilates
11.30am – 12.15pm	Aqua Mobility
11.45am – 12.45pm	Pilates
14.00pm – 15.00pm	Yoga (Hatha)
18.00pm – 18.55pm	Zumba
19.05pm – 19.50pm	Aqua Zumba

Wednesday Fitness Classes	
Time	Session
07.15am – 07.45am	Active HIIT
10.30am – 11.30am	Yoga (Hatha)
18.00pm – 19.00pm	Functional Fit
19.05pm – 20.05pm	Pilates

Thursday Fitness Classes	
Time	Session
07.15am – 07.45am	Active HIIT
10.00am – 11.00am	Yoga (Hatha)
11.30am – 12.30pm	Pilates (Beginners)
12.45pm – 13.45pm	Pilates (Advanced)
18.00pm – 19.00pm	Functional Fit
19.30pm – 20.30pm	Zumba

Friday – Fitness Classes	
Time	Session
07.15am – 07.45am	Active HIIT
09.45am – 10.45am	Yoga Pilates Blend
11.00am – 12.00pm	Circuits
12.15pm – 13.15pm	Yoga Pilates Blend
13.30pm – 14.30pm	Pilates
18.00pm – 19.00pm	Circuits

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Saturday – Fitness Classes	
Time	Session
12.30pm – 13.30pm	Pilates

Sunday – Fitness Classes	
Time	Session
11.00am – 12.00pm	Circuits
12.30pm – 13.30pm	Zumba