

Fitness Class Timetable Commencing September 2023

Monday - Fitness Classes

Time	Session
09:30 – 10:30	Team Beats
13:00 – 14:00	Pilates
17:30 – 18:30	Yoga
17:45 – 18:45	Zumba

Tuesday - Fitness Classes

Time	Session
10:00 – 11:00	Yoga
11:00 – 12:00	Active Life
12:00 – 13:00	Active Life
18:30 – 19:30	Circuit

Wednesday - Fitness Classes

Time	Session
09:30 – 10:30	Team Beats
10:00 – 11:00	Keep Moving
17:00 – 18:00	Pilates

Thursday - Fitness Classes

Time	Session
12:00 – 13:00	Pilates
13:00 – 14:00	Yoga

Friday - Fitness Classes

Time	Session
09:30 – 10:30	Team Beats
18:30 – 19:30	Bump & Baby Fit Yoga