

Fitness Class Timetable Commencing September 2023

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
19:15 – 20:00	Studio Cycling
19:30 – 20:30	Zumba

Tuesday Fitness Classes	
Time	Session
09:30 – 10:15	Aerobics
10:20 – 11:05	Legs Bums Tums
14:00 – 15:30	Yoga Hatha
18:00 – 18:45	Studio Cycling
18:30 – 19:30	Zumba
19:45 – 20:45	Yoga Vinyasa

Wednesday Fitness Classes	
Time	Session
09:30 – 10:15	Aqua Aerobics
10:00 – 11:00	Active Life Circuit
11:00 – 12:00	Functional fit / Active life Team games
14:00 – 15:30	Yoga Hatha
17:30 – 18:15	Zumba
18:00 – 18:45	BodyPump
19:00 – 19:45	Studio Cycling
19:30 – 20:30	Yoga Vinyasa

Thursday Fitness Classes	
Time	Session
09:30 – 10:15	Aerobics
10:20 – 11:05	Legs Bums Tums
14:00 – 15:00	Pilates
17:00 – 17:45	Family Zumba (Age 6+)
17:15 – 17:45	Active Core
18:00 – 19:00	Zumba
18:00 – 18:45	Studio Cycling
19:00 – 19:45	BodyPump

Fitness Class Timetable Commencing September 2023

Friday Fitness Classes	
Time	Session
09:15 – 09:45	Active HIIT
09:50 – 10:20	Active Core
10:45 – 11:30	Zumba Gold
17:45 – 18:30	Studio Cycling

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
09:00 – 10:00	Vinyasa Yoga
10:15 – 11:15	Zumba