

Monday Fitness Classes	
Time	Session
06:45-07:30	Studio Cycling
07:00-07:45	Synrgy
07:30-08:00	Les Mills Core
08:30-10:00	Active Life
09:15-10:00	Aqua Aerobics
09:15-10:15	Pilates Beginner
09:30-10:10	Senior Studio Cycling
10:00-11:00	Walking Netball
10:15-11:15	Pilates Intermediate
13:45-14:30	Aqua Mobility
17:45-18:30	Studio Cycling
18:00-18:45	Zumba
18:15-19:15	Circuit
19:30-20:30	Circuit
20:15-20:45	Synrgy

Tuesday Fitness Classes	
Time	Session
07:00-07:45	Synrgy
09:30-10:30	Body Pump
10:40-11:40	Active Balance
11:30-12:15	Studio Cycling
12:20-13:05	Legs Bums Tums
17:30-18:30	Yoga Hatha
17:30-18:15	Studio Cycling
17:45-18:15	Les Mills Core
18:30-19:15	Body Pump
18.35-19.35	Yoga Vinyasa
19:30-20:15	Step Aerobics
20:15-20:45	Synrgy

Wednesday Fitness Classes	
Time	Session
06:45-07:30	Body Pump
07:00-07:45	Synrgy
07:30-08:15	Body Combat
08:30-10:00	Active Life
09:15-10:00	Zumba
09:30-10:15	Studio Cycling
10:00-10:45	Zumbini
10:15-11:15	Functional Fit
17:30-18:15	Studio Cycling
18:00-18:45	Clubbercise
19:00-20:00	Clubbercise
20:15-20:45	Synrgy

Thursday Fitness Classes	
Time	Session
07:00-07:45	Synrgy
09:15-10:00	Body Combat
10:00-11:00	Circuit
17:30-18:15	Studio Cycling
17:30-18:15	Circuit
18:15-19:00	Les Mills Core
18:20-19:00	Synrgy
18:50-19:35	Legs Bums Tums
19:30-20:15	Aqua Zumba
19:30-20:15	Studio Cycling
19:35-20:05	HIIT Step
20:15-21:00	Body Combat

Friday Fitness Classes	
Time	Session
06:45-07:30	Studio Cycling
07:00-07:45	Synrgy
08:30-10:00	Active Life
09:15-10:15	Pilates Beginners
09:30-10:10	Senior Studio Cycling
10:30-11:30	Pilates
12:15-13:00	Body Pump
17:00-18:15	Zumba
18:30-19:30	Yoga Vinyasa
18:30-19:00	Synrgy

Saturday Fitness Classes	
Time	Session
08:00-08:45	Synrgy
08:30-09:15	Studio Cycling
09:30-10:15	Body Combat
10:20-11:05	Body Pump

Sunday Fitness Classes	
Time	Session
09:00-09:45	Synrgy
09:00-10:00	Step Aerobics
10:00-10:45	Studio Cycling
10:05-10:50	Zumba
11:00-12:00	Body Pump
12:00-12:30	Les Mills Core