

Fitness Class Timetable Commencing September 2023

Monday – Fitness Classes	
Time	Session
09:30 – 10:30	Zumba
09:30 – 10:15	Aqua Mobility
09:30 – 10:15	Zumbini
10:00 – 11:00	Functional Fit
10:30 – 11:00	Active Core
11:30 – 12:30	Walking Football
18:00 – 19:00	Zumba
18:30 – 19:30	BodyPump
19:00 – 20:00	LBT

Tuesday – Fitness Classes	
Time	Session
07:05 – 07:50	Box Fit
09:15 – 10:15	Circuits
10:00 – 12:00	Age Friendly Racket Sports
10:00 – 10:45	Aqua Zumba
10:30 – 11:30	Functional Fit
12:15 – 13:00	Body Pump
16:15 – 17:15	Family Zumba
17:30 – 18:15	Studio Cycling
18:30 – 19:30	BodyPump
19:30 – 20:15	Clubbercise

Wednesday Fitness Classes	
Time	Session
09:30 – 10:30	Gentle Exercise
10:00 – 12:00	Age Friendly Racket Sport
13:00 – 14:00	Keep Moving
18:00 – 19:00	Body Combat
18:00 – 19:00	Pilates
19:10 – 20:10	BodyPump

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Thursday Fitness Classes	
Time	Session
07:05 – 07:50	Box Fit
07:05 – 07:50	Studio Cycling
09:00 – 10:00	Functional Fit
09:15 – 10:15	Yoga
10:00 – 11:00	Zumba
10:30 – 11:30	Pilates
14:00 – 15:00	Zumba Gold
17:30 – 18:15	Step Areobics
18:15 – 19:00	Body Combat
19:10 – 19:55	BodyPump
20:05 – 20:50	LBT
20:05 – 20:55	Aqua Zumba

Friday – Fitness Classes	
Time	Session
09:30 – 10:30	Circuits
09:30 – 11:30	Age Friendly Racket Sports
10:45 – 11:45	Pilates
11:00 – 12:00	Keep Moving
12:30 – 13:30	Functional Fit
12:00 – 12:45	Studio Cycling
17:00 – 18:00	Bump & Baby Fit Yoga

Saturday – Fitness Classes	
Time	Session
09:00 – 10:00	Zumba
10:30 – 11:30	Circuits
12:00 – 13:00	Pilates

Sunday – Fitness Classes	
Time	Session
09:00 – 09:45	BodyPump
10:10 – 11:10	Body Combat
11:15 – 11:45	Active Balance