

Fitness Timetable Commencing August 2023

Monday	
Time	Session
09:45-10.30	Aqua Aerobics
10.45-11.45	Legs Bums Tums
18.00-19.00	Zumba
19.00-20.00	Yoga Hatha
19.15-20.00	Aqua Zumba

Tuesday	
Time	Session
09.30-10.15	Studio Cycling
18.00-19.00	Pilates
19.15-20.00	Studio Cycling

Wednesday	
Time	Session
09.30-10.30	Yoga Hatha
10.00-11.00	Keep Moving
10.30-11.30	Active Balance
13.00-14.00	Bump & Baby Fit Chair Based Exercise – STARTS 4 th NOVEMBER
17.45-18.30	Studio Cycling
18.45-19.30	HIIT

Thursday	
Time	Session
18.00-19.00	Functional Fit
19.00-20.00	Pilates
19.15-20.00	Studio Cycling

Friday	
Time	Session
10.30-11.30	Pilates
14.30-15.15	Aqua Mobility

Saturday	
Time	Session
10.00-10.45	Studio Cycling

Sunday	
Time	Session
11.00-12.00	Zumba