

Monday – Fitness Classes	
Time	Session
10.00 – 11.00	Keep Moving (Intermediate)
11.00 – 12.00	Keep Moving (Advanced)
13.00 – 14.00	Yoga (Hatha)
14:00 – 15:00	Zumba Gold
17.30 – 18.30	Legs, Bums & Tums
19.00 – 20.00	Circuits
19.00 – 20.00	Pilates
20.15 – 21.15	Yoga

Tuesday – Fitness Classes	
Time	Session
10:00 – 12.00	Active Life
10.30 – 11.30	Pilates
11.30 – 12.15	Aqua Mobility
11.45 – 12.45	Pilates
13.00 – 13.45	Bump & Baby Fit Yoga
14.00 – 15.00	Yoga (Hatha)
18.00 – 18.55	Zumba
19.05 – 19.50	Aqua Zumba

Wednesday Fitness Classes	
Time	Session
07.15 – 07.45	Active HIIT
10.30 – 11.30	Yoga (Hatha)
11.45 – 12.45	Yoga (Hatha)
13:30 – 14:30	Zumba Gold
18.00 – 19.00	Functional Fit
19.05 – 20.05	Pilates
19.30 – 20.15	Aqua Aerobics

Thursday Fitness Classes	
Time	Session
07.15 – 07.45	Active HIIT
10.00 – 11.00	Yoga (Hatha)
11.30 – 12.30	Pilates (Beginners)
12.45 – 13.45	Pilates (Advanced)
18.00 – 19.00	Functional Fit
19.30 – 20.30	Zumba

Friday – Fitness Classes	
Time	Session
07.15 – 07.45	Active HIIT
09.45 – 10.45	Yoga Pilates Blend
11.00 – 12.00	Circuits
18.00 – 19.00	Circuits

Saturday – Fitness Classes	
Time	Session
12.30 – 13.30	Pilates

Sunday – Fitness Classes	
Time	Session
09.30 – 10.30	Yoga
11.00 – 12.00	Circuits
12.30 – 13.30	Zumba



Fitness Class Timetable  
Commencing November 2023

