

Fitness Class Timetable Commencing February 2024

Monday - Fitness Classes	
Time	Session
09:00 - 09:45	Keep Moving
10:00 - 11:00	Yoga
11:15 - 12:15	Yoga
15:15 - 16:00	Pilates
16:15 - 17:00	Body Pump
17:15 - 18:00	Body Step
18:15 - 19:00	Body Pump
18:30 - 19:15	Clubbercise
19:15 - 19:45	Active HIIT
19:30 - 20:30	Legs, Bums, Tums

Tuesday - Fitness Classes	
Time	Session
09:00 - 10:00	Gentle Exercise
10:00 - 11:00	Gentle Exercise
11:15 - 12:00	Zumba
14:15 - 15:00	Yoga
16:00 - 16:45	Pilates
17:00 - 17:45	Pilates
18:00 - 18:45	Body Pump
19:15 - 20:00	Aqua Aerobics

Wednesday - Fitness Classes	
Time	Session
09:30 - 10:30	Yoga Hatha
10:45 - 11:15	Active HIIT
11:20 - 12:05	Active Strength
12:15 - 13:00	Clubbercise
13:30 - 14:15	Aqua Aerobics
16:00 - 16:45	Body Step
17:00 - 17:45	Body Pump
17:15 - 18:00	Clubbercise
18:15 - 19:15	Step Aerobics
19:30 - 20:30	Legs, Bums, Tums

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Thursday Fitness Classes	
Time	Session
10:15 - 11:15	Walking Netball
10:45 - 11:30	Zumba
11:15 - 12:15	Walking Netball
11:45 - 12:30	Active Strength
13:30 - 14:30	Yoga
16:45 - 17:30	Bodystep
17:00 - 17:45	Legs, Bums, Tums
17:45 - 18:30	BodyPump
18:00 - 18:45	Zumba
19:15 - 20:15	Circuits

Friday - Fitness Classes	
Time	Session
10:15 - 11:15	Gentle Exercise
11:15 - 12:15	Gentle Exercise
12:30 - 14:30	Iyengar Yoga
13:00 - 14:00	Table Tennis Coached
14:00 - 15:00	Table Tennis Coached

Saturday - Fitness Classes	
Time	Session
09:30 - 10:15	Body Pump
11:00 - 11:45	Legs, Bums, Tums
12:00 - 12:45	Active Strength

Sunday- Fitness Classes	
Time	Session
10:30 - 12:00	Iyengar Yoga