

## Fitness Class Timetable Commencing September 2024

Monday – Fitness Classes	
Time	Session
07:15 - 07:45	Hiit
09:30 - 10:30	Zumba
09:30 - 10:15	Aqua Mobility
09:30 - 10:15	Zumbini
09:30 - 10:00	Hiit
10:00 - 11:00	Functional Fit
10:30 - 11:00	Active Core
11:30 - 12:30	Walking Football
11:30 - 12:30	Keep Moving
12:00 - 12:30	Hiit
13:00 - 14:00	Yoga
18:00 - 19:00	Zumba
18:30 - 19:30	BodyPump
19:00 - 20:00	LBT

Tuesday – Fitness Classes	
Time	Session
09:15 - 10:15	Circuits
09:30 - 10:00	Hiit
10:00 - 12:00	Age Friendly Racket Sports
10:00 - 10:45	Aqua Zumba
10:30 - 11:30	Functional Fit
12:00 - 12:30	Hiit
12:15 - 13:00	Body Pump
16:15 - 17:15	Family Zumba
17:30 - 18:15	Studio Cycling
18:30 - 19:30	BodyPump
18:30 - 19:00	Gym Core
18:30 - 19:35	Functional Strength
19:35 - 20:20	Stretch & Mobility
19:30 - 20:15	Clubbercise

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Wednesday Fitness Classes	
Time	Session
09:30 - 10:30	Gentle Exercise
09.30 - 10.00	HiiT
10:00 - 12:00	Age Friendly Racket Sport
10.55 - 11.55	Yoga
12.00 - 12.30	HiiT
12.00 - 13.00	Keep Moving Beginners
13:00 - 14:00	Keep Moving
18:00 - 19:00	Body Combat
18:00 - 19:00	Pilates
18:30 - 19:00	HiiT
19:10 - 20:10	BodyPump

Thursday Fitness Classes	
Time	Session
09:00 - 10:00	Functional Fit
09:15 - 10:15	Yoga
09:30 - 10:00	HiiT
10:00 - 11:00	Zumba
10:30 - 11:30	Pilates
12:00 - 12:30	HiiT
14:00 - 15:00	Zumba Gold
17:30 - 18:15	Step Areobics
17:30 - 18:15	Studio Cycling
18:20 - 19:05	Body Combat
18:30 - 19:00	Gym Core
19:15 - 20:00	BodyPump
20:05 - 20:50	LBT
20:05 - 20:55	Aqua Zumba

Friday – Fitness Classes	
Time	Session
09:30 - 10:30	Circuits
09:30 - 10:00	HiiT
10:00 - 12:00	Age Friendly Racket Sports
10:45 - 11:45	Pilates
11:00 - 12:00	Keep Moving
12:00 - 13:00	Functional Fit
12:00 - 12:45	Studio Cycling
17:00 - 18:00	Bump & Baby Fit Yoga
17:30 - 18:00	HiiT
18:15 - 19:00	Studio Cycling
18:30 - 19:00	HiiT

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

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