

Fitness Class Timetable Commencing January 2025

Monday – Fitness Classes	
Time	Session
07:15 – 07:45	H I I T
09:30 – 10:30	Zumba
09:30 – 10:15	Aqua Mobility
09:30 – 10:15	Zumbini
09:30 - 10:00	H I I T
10:00 – 11:00	Functional Fit
10:30 – 11:00	Active Core
11:30 – 12:30	Keep Moving
11:30 – 12:30	Walking Football
12:00 – 12:30	H I I T
13.00 – 14.00	Yoga
18:00 – 19:00	Zumba
17:30 – 18:30	Body Pump
19:00 – 20:00	LBT
20.00 – 22.00	Fencing (Improvers/Advanced Only)

Tuesday – Fitness Classes	
Time	Session
09:15 – 10:15	Circuits
09.30 – 10.00	H I I T
10:00 – 12:00	Age Friendly Racket Sport
10:00 – 10:45	Aqua Zumba
10:30 – 11:30	Functional Fit
12.00 – 12.30	H I I T
12:15 – 13:00	Body Pump
17:30 – 18:15	Studio Cycling
18:15 – 19:15	Functional Strength
18:30 – 19:00	Gym Core
19:30 – 20:15	Clubbercise
19.35 – 20.20	Stretch & Mobility

Wednesday Fitness Classes	
Time	Session
09.30 – 10.00	H I I T
09:30 – 10:30	Gentle Exercise
10:00 – 12:00	Age Friendly Racket Sports
10.55 – 11.55	Yoga
12.00 – 12.30	H I I T
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	H I I T
19:10 – 20:10	Body Pump

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Thursday Fitness Classes	
Time	Session
09:00 – 10:00	Functional Fit
09:15 – 10:15	Yoga
09:30 – 10:00	H I I T
10:00 – 11:00	Zumba
10:30 – 11:30	Pilates
12.00 – 12.30	H I I T
14:00 – 15:00	Zumba Gold
17:30 – 18:15	Step
17.30 – 18.15	Studio Cycling
18:20 – 19:05	Body Combat
18.30 – 19.00	Gym Core
19:15 – 20:00	Body Pump
20:10 – 20:55	Aqua Zumba

Friday – Fitness Classes	
Time	Session
09:30 – 10:30	Circuits
09.30 – 10.00	H I I T
10:00 – 12:00	Age Friendly Racket Sports
10:45 – 11:45	Pilates
11:00 – 12:00	Keep Moving
12:00 – 12:45	Functional Fit
12:00 – 12:45	Studio Cycling
17:00 – 18:00	Bump & Baby Fit Yoga
17:30 – 18:00	H I I T
18.15 – 19.00	Studio Cycling
18.30 – 19.00	H I I T

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

Sunday – Fitness Classes	
Time	Session
09:00 – 10:00	Body Pump
10:00 – 10:30	H I I T
10:10 – 11:10	Body Combat
11:15 – 12:00	Active Balance