

Fitness Class Timetable Commencing May 2025

Monday – Fitness Classes

Time	Session
12:15 – 13:00	Circuits
17:15 – 18:00	Circuits
18:30 – 19:30	Yoga Hatha
19:15 – 20:00	Aqua Aerobics

Tuesday – Fitness Classes

Time	Session
07:00 – 08:00	Active HIIT *Starts 3 rd June*
09:15 – 10:15	Yoga
10:30 – 11:30	Pilates
12:00 – 13:00	Keep Moving
13:00 – 14:00	Keep Moving Beginners
17:00 – 17:45	Circuits
18:00 – 19:00	Zumba

Wednesday – Fitness Classes

Time	Session
09:05 – 09:50	Aqua Aerobics
12:15 – 13:00	Circuits
18:00 – 19:00	Zumba

Thursday – Fitness Classes

Time	Session
09:00 – 09:45	Bump & Baby Fit Yoga
09:15 – 10:00	Aqua Aerobics
10:00 – 11:00	Keep Moving
12:00 – 12:45	Circuits
13:30 – 14:30	Pilates
18:15 – 19:15	Yoga
19:15 – 20:00	Aqua Aerobics
19:20 – 20:20	Yoga

Friday – Fitness Classes

Time	Session
10:30 – 11:15	Step Aerobics
11:30 – 12:15	Circuits
12:45 – 13:45	Yoga

Saturday – Fitness Classes

Time	Session
09:30 – 10:30	Step Aerobics
11:00 – 12:00	Circuits

Sunday – Fitness Classes

Time	Session
09:30 – 10:30	Zumba
11:15 – 12:15	Yoga

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