

Monday Fitness Classes	
Time	Session
09:15 – 10:15	Legs, Bums, Tums
10:20 – 11:20	Pilates
11:25 – 12:10	Pilates
13:45 – 15:00	Yoga Hatha
19:00 – 20:00	Ashtanga Yoga

Tuesday Fitness Classes	
Time	Session
07:00 – 07:30	Active Core
09:05 – 09:50	Aqua Aerobics
09:15 – 10:00	Clubbercise
10:15 – 11:00	Active Life Circuits (50+)
11:15 – 12:00	Circuits
14:30 – 15:30	Yoga Hatha
18:00 – 18:45	Circuit
19:00 – 19:45	HIIT Circuit

Wednesday Fitness Classes	
Time	Session
09:15 – 10:15	Kettlebells
09:20 – 10:05	Aqua Aerobics
10:20 – 11:20	Pilates
11:25 – 12:10	Pilates
18:10 – 18:55	Aqua Aerobics
19:30 – 20:30	Yoga Vinyasa

Thursday Fitness Classes	
Time	Session
09:15 – 10:15	Legs, Bums, Tums
10:20 – 11:20	Pilates
14:15 – 15:15	Yoga Hatha
17:45 – 18:30	Clubbercise

Fitness Class Timetable
Commencing July 2025

Friday Fitness Classes	
Time	Session
07:00 – 07:30	Active Core
08:45 – 09:45	Yoga Hatha
09:05 – 09:50	Aqua Aerobics
10:00 – 11:00	Active Life Circuits (50+)
11:05 – 11:50	Active HIIT
12:00 – 12:45	Pilates
12:50 – 13:35	Zumba
14:00 – 15:00	Yoga Vinyasa

Sunday Fitness Classes	
Time	Session
13:15 – 14:30	Yoga Hatha