

Monday Fitness Classes	
Time	Session
06:45-07:30	Les Mills Body Pump
07:00-07:45	Gym HiIT
08:30-10:00	Active Life
09:15-10:00	Aqua Aerobics
09:15-10:15	Pilates Beginner
09:30-10:10	Senior Studio Cycling
09:30-10:00	Gym HiIT
10:00-11:00	Walking Netball
10:15-11:15	Pilates Intermediate
13:45-14:30	Aqua Mobility
16:30-17:15	Zumba Gold
17:30-18:15	Studio Cycling
18:30-19:15	Studio Cycling
18:15-19:00	Zumba
18:15-19:15	Circuit

Tuesday Fitness Classes	
Time	Session
07:00-07:45	Gym HiIT
09:05-09:50	Aqua aerobics
09:30-10:30	Body Pump
10:40-11:40	Active Balance
11:30-12:15	Studio Cycling
11:45-12:15	Les Mills Core
12:20-13:05	Legs Bums Tums
17:30-18:30	Yoga Hatha
17:30-18:15	Studio Cycling
17:50-18:20	Les Mills Core
18:30-19:15	Body Pump
18.35-19.35	Yoga Vinyasa
19:30-20:15	Step Aerobics

Wednesday Fitness Classes

Time	Session
06:45-07:30	Body Pump
07:00-07:45	Gym HiiT
07:30-08:15	Body Combat
08:30-10:00	Active Life
09:15-10:00	Zumba
10:00-10:45	Zumbini
12:15-12:45	Gym HiiT
17:30-18:15	Studio Cycling
17:45-18:15	Les Mills Core
18:00-18:45	Clubbercise
18:30-19:30	Body Pump
19:00-20:00	Clubbercise
19:45-20:30	Pilates
20:15-20:45	Gyn HiiT

Thursday Fitness Classes

Time	Session
06:45-07:30	Les Mills Core
07:00-07:45	Gym HiiT
09:05-09:50	Aqua Zumba
09:15-10:00	Body Combat
10:00-11:00	Circuit
17:30-18:15	Studio Cycling
17:45-18:45	Circuit
18:15-18:45	Les Mills Core
18:50-19:35	Legs Bums Tums
19:00-19:45	Pilates
19:30-20:15	Aqua Zumba
19:30-20:15	Studio Cycling
20:15-21:00	Body Combat

Friday Fitness Classes

Time	Session
06:45-07:30	Studio Cycling
07:00-07:45	Gym HiiT
08:30-10:00	Active Life
09:15-10:15	Pilates Beginners
09:30-10:10	Senior Studio Cycling
09:30-10:15	Gym HiiT
10:30-11:30	Pilates
12:15-13:00	Body Pump
17:00-17:45	Zumba
18:30-19:30	Yoga Vinyasa
19:00-19:30	Gym HiiT

Saturday Fitness Classes	
Time	Session
08:00-08:45	Gym Hiit
08:30-09:15	Studio Cycling
09:30-10:15	Body Combat
10:00-10:45	Gym Hiit
10:20-11:05	Body Pump

Sunday Fitness Classes	
Time	Session
09:00-09:45	Gym Hiit
09:00-10:00	Step Aerobics
09:15-10:00	Zumba Gold
10:00-10:45	Studio Cycling
10:05-10:50	Zumba
11:00-12:00	Body Pump
12:05-12:35	Les Mills Core