

Fitness Class Timetable

Commencing September 2025

Monday - Fitness Classes	
Time	Session
07:00 - 07:45	Body Pump
09:45 - 09:45	Active Life Circuits
10:00 - 11:00	Yoga
11:05 - 12:05	Yoga
12:15 - 13:00	Zumba
15:30 - 16:15	Pilates
16:30 - 17:15	Body Balance
17:30 - 18:15	Body Step
18:30 - 19:15	Body Pump
18:30 - 19:15	Clubbercise
19:15 - 20:00	Studio Cycling
19:30 - 20:30	Legs, Bums, Tums

Tuesday - Fitness Classes	
Time	Session
06:45 - 07:30	Studio Cycling
09:10 - 09:55	Body Pump
10:05 - 11:05	Gentle Exercise
11:15 - 12:00	Zumba
12:15 - 13:15	Pilates
16:00 - 16:45	Pilates
17:00 - 17:45	Body Balance
18:00 - 18:45	Body Pump
19:15 - 20:00	Aqua Aerobics

Wednesday - Fitness Classes	
Time	Session
10:45 - 11:15	Active HIIT
11:20 - 12:05	Active strength
12:15 - 13:00	Clubbercise
13:00 - 14:00	Pilates
13:30 - 14:15	Aqua Aerobics
16:00 - 16:45	Body Step
17:00 - 17:45	Body Pump
17:30 - 18:15	Clubbercise
18:15 - 19:15	Step
19:30 - 20:30	Legs, Bums, Tums

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Thursday Fitness Classes	
Time	Session
06:45 - 07:30	Studio Cycling
09:15 - 10:15	Gentle Exercise
10:15 - 11:15	Walking Netball
11:15 - 12:15	Walking Netball
10:30 - 11:15	Functional Fit
11:30 - 12:15	Zumba
13:30 - 14:30	Yoga
17:30 - 18:15	Body Pump
17:30 - 18:15	Legs, Bums, Tums
18:15 - 19:00	Studio Cycling
18:30 - 19:15	Zumba
19:15 - 20:15	Circuits

Friday - Fitness Classes	
Time	Session
09:30 - 10:15	Studio Cycling
10:15 - 11:15	Gentle Exercise
11:30 - 12:15	Zumba Gold
12:30 - 14:00	Yoga
18:05 - 19:05	Pilates

Saturday - Fitness Classes	
Time	Session
09:00 - 09:45	Body Pump
09:30 - 10:15	Body Balance
11:00 - 11:45	Legs, Bums, Tums
11:50 - 12:35	Active Strength

Sunday- Fitness Classes	
Time	Session
07:45 - 08:30	Body Pump
08:00 - 08:45	Studio Cycling
10:30 - 12:00	Yoga