

| Monday – Fitness Classes | |
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| Time | Session |
| 07:00 – 07:45 | Body Combat |
| 09:30 – 10:30 | Gentle Exercise |
| 11:30 – 12:30 | Yoga Hatha Flow |
| 17:15 – 18:00 | Studio Cycling |
| 17:30 – 18:15 | Body Combat |
| 17:45 – 18:45 | Circuits |
| 18:30 – 19:15 | Studio Cycling |
| 18:30 – 19:30 | Step Aerobics |
| 19:15 – 20:15 | Clubbercise |
| 19:45 – 20:30 | Kettlebells |

| Tuesday – Fitness Classes | |
|---------------------------|---------------------|
| Time | Session |
| 07:00 – 07:45 | Studio Cycling |
| 07:15 – 08:00 | Gym HIIT |
| 09.30 – 10.15 | Body Pump |
| 09:45 – 10:30 | Studio Cycling |
| 10:00 – 10:45 | Gym HIIT |
| 10:15 – 11:15 | Zumba |
| 10:30 – 11:30 | Yoga |
| 12:00 – 12:30 | Body Pump express |
| 12:35 – 13:05 | Body combat express |
| 17.00 – 17.45 | Barre |
| 17:15 – 18:15 | Yoga |
| 18:00 – 19:00 | Circuits |
| 18:00 – 18:45 | Studio Cycling |
| 18:00 – 19:00 | Legs Bums Tums |
| 19:15 – 20:15 | Body Pump |
| 19:15 – 20:00 | Dance Fit |
| 19:15 – 20:00 | Aqua Aerobics |

| Wednesday – Fitness Classes | |
|-----------------------------|----------------|
| Time | Session |
| 07:00 – 07:45 | Body Pump |
| 07:15 – 08:00 | Gym HIIT |
| 09:15 – 10:15 | Pilates |
| 10:00 – 10:45 | Studio Cycling |
| 10:00 – 10:45 | Gym HIIT |
| 10:30 – 11:30 | Zumba |
| 11:00 – 11:45 | Legs Bums Tums |
| 13:30 – 14:30 | Pilates |
| 17:00 – 17:45 | Body Pump |
| 17:45 – 18:30 | Studio Cycling |
| 18:00 – 19:00 | Body Combat |
| 18:15 – 19:15 | Zumba |
| 19:30 – 20:30 | Circuits |
| 19:00 – 19:45 | Aqua Aerobics |
| 19:30 – 20:30 | Yoga |

| Thursday - Fitness Classes | |
|----------------------------|-----------------------------|
| Time | Session |
| 07:00 – 07:45 | Studio Cycling |
| 09:30 – 10:15 | Body Combat |
| 09:30 – 10:30 | Zumba |
| 10:00 – 10:45 | Gym HIIT |
| 10:20 – 10:50 | Grit Cardio |
| 11:00 – 12:00 | Yoga Hatha Flow |
| 11:15 – 12:00 | Aqua Aerobics |
| 12:15 – 13:00 | Circuits |
| 15.55 – 16.55 | Gentle Exercise - Beginners |
| 17:00 – 17:45 | Zumba Toning |
| 17:30 – 18:15 | Legs Bums Tums |
| 18:00 – 18:45 | Body Pump |
| 18:30 – 19:15 | Studio Cycling |
| 18:30 – 19:15 | Zumba |
| 19:15 – 20:00 | Kettlebells |
| 20:10 – 20:55 | Kettlebells |

| Friday - Fitness Classes | |
|--------------------------|-----------------------|
| Time | Session |
| 07:00 – 07:45 | Body Combat |
| 09:15 – 09:45 | Les Mills Grit Series |
| 09:30 – 10:30 | Zumba Gold |
| 10:00 – 10:45 | Adaptive Pilates |
| 10:00 – 10:45 | Studio Cycling |
| 11:00 – 12:00 | Active Life Circuit |
| 11:00 – 12:00 | Yoga |
| 13:30 – 14:30 | Pilates |
| 17:30 – 18:30 | Yoga Vinyasa |
| 18:00 – 18:45 | Studio Cycling |
| 18:15 – 19:15 | Zumba |
| 19:00 – 20:00 | Body Pump |

| Saturday – Fitness Classes | |
|----------------------------|-----------------------|
| Time | Session |
| 08:15 – 09:15 | Body Combat |
| 08:45 – 09:15 | Les Mills Grit Series |
| 09:30 – 10:15 | Studio Cycling |
| 09:30 – 10:30 | Functional Fit |
| 09:30 – 10:30 | Step Aerobics |
| 10:00 – 10:45 | Gym HIIT |
| 10:35 – 11:20 | Active Core |
| 10:45 – 11:45 | Body Pump |
| 11:45 – 12:45 | Zumba |

| Sunday – Fitness Classes | |
|--------------------------|----------------|
| Time | Session |
| 08:15 – 09:00 | Body Pump |
| 09:15 – 10:00 | Body Combat |
| 09:15 – 10:00 | Yoga |
| 10:00 – 10:45 | Studio Cycling |
| 10:15 – 11:00 | Clubbercise |
| 17:45 – 18:45 | Circuits |