Fitness Class Timetable
Commencing September 2026

Monday – Fitness Classes	
Time	Session
07:30 – 08:00	Gym HIIT
09:00 – 09:30	Gym HIIT
09:30 – 10:30	Zumba
09:30 – 10:15	Aqua Mobility
09:30 – 10:00	Gym HIIT
10:00 – 11:00	Functional Fit
10:30 – 11:00	Active Core
11:30 – 12:15	Zumbinis
11:30 – 12:30	Keep Moving
11:30 – 13:00	Walking Football
12:30 – 13:30	Mother & Baby Yoga
17:15 – 18:00	Body Pump
18:00 – 19:00	Zumba
19:00 – 20:00	Legs, Bums & Tums
20:00 – 22:00	Fencing (Improvers/Advanced Only)

Tuesday – Fitness Classes	
Time	Session
09:00 – 09:30	Gym HIIT
09:30 – 10:00	Gym HIIT
10:00 – 12:00	Age Friendly Racket Sports
10:00 – 10:45	Aqua Zumba
18:30 – 19:00	Gym HIIT
18:30 – 19:30	Functional Strength
18:00 – 19:00	Clubbercise
19:35 – 20:20	Stretch & Mobility

Wednesday Fitness Classes	
Time	Session
09:00 – 09:30	Gym HIIT
09:15 – 10:00	Stretch & Mobility
09:30 – 10:00	Gym HIIT
10:00 – 12:00	Age Friendly Racket Sports
10:00 – 11:00	Keep Moving Beginners
10:55 – 11:55	Yoga
11:00 – 12:00	Keep Moving
17:30 – 18:15	Step Aerobics
18:00 – 18:30	Gym HIIT
18:00 – 19:00	Pilates
18:20 – 19:05	Body Combat
19:15 – 20:00	Body Pump

Fitness Class Timetable
Commencing September 2026

Thursday Fitness Classes	
Time	Session
09:00 – 09:30	Gym HIIT
09:15 – 10:15	Yoga
09:30 – 10:00	Gym HIIT
10:00 – 11:00	Zumba
10:30 – 11:30	Pilates
15:00 – 15:45	Zumba Gold
17:30 – 18:15	Step Aerobics
18:20 – 19:05	Body Combat
18.30 – 19.00	Gym HIIT
19:15 – 20.00	Body Pump
20:10 – 20:55	Aqua Zumba

Friday – Fitness Classes	
Time	Session
07:30 – 08:00	Gym HIIT
09:00 – 09:30	Gym HIIT
09:30 – 10:00	Gym HIIT
10:00 – 12:00	Age Friendly Racket Sports
10:45 – 11:45	Pilates
11:00 – 12:00	Keep Moving
17:00 – 18:00	Prenatal Yoga
18.30 – 19.00	Gym HIIT

Saturday – Fitness Classes	
Time	Session
09:00 – 10:00	Zumba
10:00 – 10:30	Gym HIIT
10:30 – 11:00	Gym HIIT
12:00 – 13:00	Pilates

Sunday – Fitness Classes	
Time	Session
09:00 – 10:00	Body Pump
10:00 – 10:30	Gym HIIT
10:10 – 11:10	Body Combat
11:15 – 12:00	Active Balance