

Monday - Fitness Classes	
Time	Session
07:00 - 07:45	Bodypump
08:45 - 09:45	Active Life
10:00 - 11:00	Yoga Vinyasa
11:05 - 12:05	Yoga Hatha
12:15 - 13:00	Zumba
17:30 - 18:15	Barre
18:30 - 19:15	Bodypump
18:30 - 19:15	Clubbercise
19:15 - 20:00	Studio Cycling
19:30 - 20:30	Legs Bums Tums

Tuesday - Fitness Classes	
Time	Session
07:00 - 07:45	Pilates
08:00 - 08:45	Studio Cycling
09:10 - 09:55	Bodypump
10:05 - 11:05	Gentle Exercise
11:15 - 12:00	Zumba
12:15 - 13:15	Pilates
13:30 - 14:30	Yoga Hatha
19:15 - 20:00	Aqua Aerobics
19:15 - 20:00	Body Pump
20:05 - 20:50	Studio Cycling

Wednesday - Fitness Classes	
Time	Session
09:30 - 10:30	Yoga Hatha
11:20 - 12:05	Active Strength
12:15 - 13:00	Clubbercise
13:00 - 14:00	Pilates
13:30 - 14:15	Aqua Aerobics
16:15 - 17:00	Zumba
17:30 - 18:15	Clubbercise
18:15 - 19:15	Step Aerobics
19:30 - 20:30	Legs Bums Tums

Thursday Fitness Classes	
Time	Session
08:00 – 08:45	Studio Cycling
09:15 - 10:15	Gentle Exercise
10:00 - 11:00	Walking Netball
10:30 - 11:15	Barre
11:00 - 12:00	Walking Netball
11:30 - 12:15	Zumba
13:30 - 14:30	Yoga Hatha
17:30 - 18:15	Bodypump
17:30 - 18:15	Barre
18:30 - 19:15	Zumba
18:15 - 19:00	Studio Cycling
19:15 - 20:15	Circuit

Friday - Fitness Classes	
Time	Session
10:15 - 11:15	Gentle Exercise
11:30 - 12:15	Zumba Gold
12:30 - 14:00	Iyengar Yoga
13:00 - 14:00	Table Tennis Coached
14:00 - 15:00	Table Tennis Coached
19:15 - 20:00	Studio Cycling

Saturday - Fitness Classes	
Time	Session
09:00 - 09:45	Bodypump
11:15 - 12:00	Legs Bums Tums
12:05 - 12:50	Active Strength

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