

Fitness Class Timetable

Commencing September 2026

Monday - Fitness Classes	
Time	Session
06:30 – 07:15	HIIT Gym
07:00 – 07:45	Bodyump
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	Bodyump
18:30 – 19:15	Clubbercise
19:15 – 20:00	Studio Cycling
19:30 – 20:30	Legs Bums Tums

Tuesday - Fitness Classes	
Time	Session
06:30 – 07:15	HIIT Gym
09:10 – 09:55	Bodyump
10:05 – 11:05	Gentle Exercise
11:15 – 12:00	Zumba
12:15 – 13:15	Pilates
13:30 – 14:30	Yoga Hatha
18:15 – 19:00	Pilates
19:15 – 20:00	Aqua Aerobics
19:15 – 20:00	Bodyump
20:05 – 20:50	Studio Cycling

Wednesday - Fitness Classes	
Time	Session
09:30 – 10:30	Yoga Hatha
10:45 – 11:30	Aerobics
11:35 – 12:20	Active Strength
12:15 – 13:00	Clubbercise
13:00 – 14:00	Pilates
13:30 – 14:15	Aqua Aerobics
15:30 – 16:00	Junior HIIT Gym
16:15 – 17:00	Zumba
17:15 – 18:00	Bodyump
17:30 – 18:15	Clubbercise
18:15 – 19:15	Step Aerobics
19:30 – 20:15	Body Combat

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Thursday Fitness Classes	
Time	Session
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
15:30 – 16:00	Junior HIIT Gym
17:30 – 18:15	Bodypump
18:30 – 19:15	Zumba
18:15 – 19:00	Studio Cycling
19:15 – 20:15	Circuit
19:30 – 20:15	Barre

Friday - Fitness Classes	
Time	Session
06:30 – 07:15	HIIT Gym
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	Body Combat

Saturday - Fitness Classes	
Time	Session
08:00 – 08:45	HIIT Gym
09:00 – 09:45	Bodypump
11:15 – 12:00	Legs Bums Tums
12:05 – 12:50	Active Core

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