

Fitness Class Timetable

Commencing Monday 9th January 2023

Monday – Fitness Classes	
Time	Session
11:15 – 12:15	Yoga
17:15 – 17:45	Active Core
18:00 – 18:45	BodyPump
19:00 – 19:30	Active HIIT
19:30 – 20:30	Legs, Bums, Tums

Tuesday – Fitness Classes	
Time	Session
10:00 – 11:00	Gentle Exercise
11:15 – 12:00	Zumba
13:30 – 14:30	Pilates
17:00 – 17:45	Pilates
18:15 – 19:00	BodyPump
19:15 – 20:00	Aqua Aerobics

Wednesday Fitness Classes	
Time	Session
09:30 – 10:30	Yoga
13:30 – 14:15	Aqua Aerobics
17:00 – 17:45	BodyPump
18:15 – 19:15	Step Aerobics
19:15 – 20:15	Legs, Bums, Tums

Thursday Fitness Classes	
Time	Session
13:30 – 14:30	Yoga
10:45 – 11:30	Zumba
11:45 – 12:30	Active HIIT
17:45 – 18:30	BodyPump
18:00 -18:45	Dance Fit
19:15 – 20:15	Circuits

Friday – Fitness Classes	
Time	Session
09:00 – 10:00	Pilates
10:15 – 11:15	Gentle Exercise
11:15 – 12:15	Gentle Exercise

Saturday – Fitness Classes	
Time	Session
11:00 – 11:45	Legs, Bums, Tums
12:00 – 12:45	Active HIIT