

Group Fitness Timetable

Commencing 26 April 2022

Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am		HIIT45		HIIT45			
6:00am	LES MILLS BODYPUMP		PILATES		A.B.T		
6:30am		HIIT EXPRESS		HIIT EXPRESS			
7:00am						HIIT45	
7:15am	Stronger4Life CHALLENGE	Stronger4Life MOBILITY	Stronger4Life CHALLENGE	Stronger4Life MOBILITY	Stronger4Life CHALLENGE		
8:00am						CYCLE45	
8:15am		Stronger4Life CHALLENGE		Stronger4Life CHALLENGE			
9:00am						LES MILLS BODYATTACK	LES MILLS BODYPUMP
9:15am	HIIT EXPRESS	SPIN EXPRESS	A.B.T Express	SPIN EXPRESS	HIIT EXPRESS		
10:00am	CORE	LES MILLS BODYPUMP	BOX FIT	LES MILLS BODYPUMP	BOX FIT	LES MILLS BODYPUMP	PILATES
11:00am	PILATES	ZUMBA FITNESS	STRETCH RELEASE	ZUMBA toning		ZUMBA FITNESS	
12:00pm	YOGA	A.B.T	PILATES	YOGA	PILATES		
4:00pm						PILATES	YOGA
4:15pm	Gym Fit Teen	Gym Fit Teen	Gym Fit Teen	Gym Fit Teen			
5:30pm	LES MILLS BODYPUMP	HIIT45	LES MILLS BODYATTACK	HIIT45			
6:30pm	CYCLE45	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	CYCLE45	ZUMBA FITNESS		
7:30pm	PILATES	ZUMBA FITNESS	YOGA	PILATES			
8:00am Comp Pool	AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS		
9:00am Comp Pool		AQUA AEROBICS		AQUA AEROBICS			
6:45pm Comp Pool		AQUA AEROBICS					