

Group Fitness Timetable

Commencing 18th October 2021

Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	A.B.T 45mins	HIIT45 45mins	LES MILLS BODYATTACK 45mins	HIIT45 45 mins	A.B.T 45mins		
7:00am							
7:30am	Stronger4Life CHALLENGE 55MIN	Stronger4Life MOBILITY 55MIN	Stronger4Life CHALLENGE 55MIN	Stronger4Life MOBILITY 55MIN	Stronger4Life CHALLENGE 55MIN	HIIT45 45 min	
8:00am							
9:00am	HIIT45 45mins	SPIN EXPRESS Spin Express 30mins	HIIT EXPRESS 30mins	SPIN EXPRESS 30mins	HIIT45 45mins	LES MILLS BODYATTACK 45mins	LES MILLS BODYPUMP 45mins
9:50am	CORE 30mins	A.B.T 45mins	PILATES 45mins	LES MILLS BODYPUMP 45mins	CORE 30mins		
10:00am						LES MILLS BODYPUMP 45mins	LES MILLS BODYCOMBAT 45mins
10:45am	PILATES 55mins		LES MILLS BODYPUMP 45mins	ZUMBA toning 45mins			
11:00am						ZUMBA FITNESS 45mins	PILATES 55mins
12:00pm	YOGA 55mins	PILATES 55mins	PILATES 55mins	YOGA 55mins	PILATES 55mins		
4:00pm						PILATES 55mins	YOGA 55mins
4:15pm							
5:30pm	LES MILLS BODYPUMP 45mins	HIIT45 45mins	LES MILLS BODYATTACK 45mins	HIIT45 45mins			
6:30pm	CYCLE45 cycle 45 min	LES MILLS BODYCOMBAT 45mins	LES MILLS BODYPUMP 45mins	CYCLE45 cycle 45 min	ZUMBA FITNESS 45mins		
7:30pm							
8:00am Comp Pool	AQUA AEROBICS 45mins	AQUA AEROBICS 45mins	AQUA AEROBICS 45mins	AQUA AEROBICS 45mins	AQUA AEROBICS 45mins		
6:45pm Comp Pool		AQUA AEROBICS 45mins					