

Group Fitness Timetable

Autumn 2024

Group Fitness		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am		Body Pump	HIIT Circuit (6:15am)	Body Balance	Body Pump		
	8:30am							
	9:15am				Body Pump	Abs & Glutes	Body Pump	
	9:30am	Body Balance		Strength & Core				Sh'Bam
	10:30am	Prime Movers	Body Balance	Prime Movers	Body Balance	Prime Circuit (10:15am)	Yoga	Pilates
			Prime Circuit			Yoga (11:30am)		
	4:00pm		Teen (4:30pm)	Yoga (5:30pm)	Teen (4:30pm)		Body Balance	
	6:00pm	Body Pump	Boxfit (6:15pm)	Zumba (6:30pm)		Zumba		
7:05pm	Body Balance	Pilates (7:00pm)		Body Pump (7:00pm)	Body Balance (7:00pm)			

Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30am	Aqua (25m Pool)						
	12:15pm			Aqua (25m Pool)				

Connect30		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	C30 Aerobic	C30 Functional	C30 Strength	C30 Aerobic	C30 Strength		
	9:00am						C30 Functional	C30 Aerobic
	11:30am	C30 Aerobic		Rowing		C30 Strength		
	4:30pm							C30 Aerobic
	6:00pm	C30 Aerobic	C30 Functional	C30 Strength	C30 Aerobic	C30 Strength		