

# Group Fitness Timetable

17<sup>th</sup> to 19<sup>th</sup> June 2025

<div>Group Fitness</div> <div>(all sessions in group fitness room)</div>		17th June – Tue	18th June – Wed	19th June – Thu
	6:00am	Body Balance	Connect30	Body Balance
	7:00am	Connect30		Connect30
	9:30am	Power Bar	Yoga	Body Pump (9:15 pm)
	10:30am	Yoga	Seniors Strength (11:00 am)	Body Balance
	11:30am	Seniors Strength	Connect30 (12:00 pm)	Seniors Strength
	5:30pm	Connect30	Yoga (5:00 pm)	Connect30 (5:00 pm)
	6:15pm	Power Bar	Power Bar (6:00 pm)	Zumba (6:00 pm)
	7:00pm	Pilates	Pilates	Body Pump