

Group Fitness Timetable

Group Fitness		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	Body Pump	Body Balance	Body Attack	Body Balance	Body Pump		
	7:00am	Yoga					Yoga (8:00am)	
	9:15am	Chair Fitness Class (8:30am)		Body Balance (7:00am)	Body Pump	Chair Fitness Class (9:00am)		
	9:30am	Body Balance	Power Bar	Yoga			Zumba (9:45am)	Dance
	10:30am	Senior Circuits	Yoga	Senior Circuits	Body Balance	Senior Circuits	Yoga	Pilates
	11:30am		Senior Strength		Senior Strength	Yoga	Pilates	
	12:30pm						Body Pump	
	4:00pm						Body Balance	Yoga
	5:00pm			Yoga	Yoga (5:15pm)			Zumba (5:45pm)
	6:00pm	Body Pump (5:50pm)	Power Bar (6:15pm)		Zumba			
	7:00pm	Body Balance	Pilates	Pilates	Body Pump			
	8:00pm			Pilates				

Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30am	Aqua (7:15am)	Aqua			Aqua		
	12:15pm	Aqua	Aqua (1:15pm)	Aqua	Aqua			

Connect 30 / Air Gym		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	Aerobic (c30)	Strength (c30)	Functional (c30)	Aerobic (c30)	Strength (c30)		
	8:00am				Rowing (9:00am)		Functional (c30)	Functional (c30)
	11:30am	Rowing		Rowing		Strength (c30)		
	4:30pm		Teen		Teen			
6:00pm	Aerobic (c30)	Strength (Air Gym & c30)	Functional (c30)	Aerobic (Air Gym & c30)				