

Group Fitness Timetable

Group Fitness		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	BODYPUMP™	BODY BALANCE™	BODY ATTACK™	BODY BALANCE™	BODYPUMP™		
	7:00am	Yoga			Pilates (8:30am)		Yoga (8:00am)	
	9:15am	Chair Fitness Class (8:30am)		BODY BALANCE™ (7:00am)	Power Bar	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						BODYPUMP™	
	4:00pm		LesMills YOGA™ (3:00pm)				BODY BALANCE™	Yoga
	5:00pm			Yoga	Yoga (5:15pm)			Zumba (5:45pm)
	6:00pm	BODYPUMP™ (5:50pm)	Power Bar (6:15pm)	Cardio Boxing	Zumba			
	7:00pm	BODY BALANCE™	Pilates	Pilates	BODYPUMP™			
	8:00pm			Pilates				

Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30am		Aqua	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)	
	11:30am	Rowing		Rowing		Strength (C30)		
	4:30pm	Aerobic (C30)(12:30pm)	Teen		Teen			Functional (C30) (4:00pm)
	6:00pm	Aerobic (C30)	Strength (Air Gym & C30)	Functional (C30)	Aerobic (Air Gym & C30)			
	7:00pm	Aerobic (C30)	Strength (Air Gym & C30)	Functional (C30)				