

Group Fitness Timetable

Group Fitness		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	BODYPUMP™	BODY BALANCE™	BODYATTACK™	BODY BALANCE™	BODYPUMP™		
	7:00am	Yoga		BODYBALANCE™				
	8:30am	Chair Fitness Class		Senior Circuits (9:30am)	Pilates		Yoga (8:00am)	
	9:30am	BODY BALANCE™	Power Bar	Yoga	Power Bar (9:15am)	Chair Fitness Class (9:00am)	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			Yoga (5:00pm)	Yoga (5:15pm)		BODY BALANCE™	
	6:00pm	BODYPUMP™ (5:50pm)	Power Bar (6:15pm)	Cardio Boxing	Zumba			Zumba (5:45pm)
	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)		
	6:00am	Aerobic (Air Gym)		Stamina (Air Gym)	Strength (Air Gym)			
	8:00am						Functional (C30)	Functional (C30)
	11:30am	Rowing		Rowing		Strength (C30)	Elevate (Air Gym)(9:00am)	
	4:30pm	Aerobic (C30)(12:30pm)	Teen		Teen			Functional (Air Gym/C30)(4:00pm)
	6:00pm	Aerobic (C30)	Strength (C30)	Functional (C30)	Aerobic (Air Gym)			
	6:00pm		Strength (Air Gym)					

HYROX		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am		HYROX			HYROX		HYROX (9:30 AM)
	7:00pm	HYROX			HYROX			