

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		
	9:15am				Body Pump		Body Pump	Dance
	9:30am	Body Balance	Body Pump					
	10:30am	Prime Movers	Pilates	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		
	7:05pm	Body Balance	Pilates (7:00pm)		Body Pump (7:00pm)	Body Balance (7:00pm)		

Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	12:15pm	Aquacise			Aquacise	Aquacise		

Connect 30 / Air Gym	Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	6:00am	Air Gym	Cardio	Strength	Stamina	Cardio	Strength		
		C30	Aerobic	Strength	Functional	Aerobic	Strength		
	7:00am	Air Gym					Elevate		
	8:00am	Air Gym					Elevate		
	9:00am	C30					Functional	Functional	
	11:30am	C30	Aerobic		Rowing		Strength		
	4:30pm	C30						Functional	
	6:00pm	Air Gym	Cardio	Strength	Stamina	Cardio			
C30		Aerobic	Strength	Functional	Aerobic	Strength			