

# Group Fitness Timetable

Summer 2025

Group Fitness		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	Body Pump	Body Balance	HIIT Workout	Body Balance	Body Pump		
	9:15am				Body Pump		Body Pump	
	9:30am	Body Balance	Power Bar	Yoga				
	10:30am	Senior Circuits	Move & Stretch	Senior Strength	Body Balance	Senior Circuits	Yoga	Pilates
	11:30am					Yoga		
	4:00pm						Body Balance	
	5:00pm			Yoga				
	6:00pm	Body Pump (5:50pm)	BoxFit (6:15pm)	Zumba		Zumba		
	7:00pm	Body Balance	Pilates	Pilates	Body Pump			

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

Connect 30 / Air Gym		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	Aerobic (Air Gym & C30)	Strength (Air Gym & C30)	Functional (Air Gym & C30)	Aerobic (Air Gym & C30)	Strength (Air Gym & C30)		
	8:00am						Functional (Air Gym & C30)	Functional (C30 Only)
	11:30am	Rowing		Rowing		Strength (C30 Only)		
	4:00pm		Teen		Teen			
	6:00pm	Aerobic (C30 Only)	Strength (C30 Only)	Functional (C30 Only)	Aerobic (C30 Only)			