

Group Fitness Timetable

Winter 2024

Group Fitness		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	Body Pump	Body Pump	HIIT	Body Balance	Body Pump		
	9:15am				Body Pump		Body Pump	
	9:30am	Body Balance	Body Pump	Yoga				Dance
	10:30am	Senior Circuits	Pilates	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	BoxFit	Zumba		
	7:00pm	Body Balance	Pilates	Body Balance	Body Pump			

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

Connect 30		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	Aerobic	Strength	Functional	Aerobic	Strength		
	6:45am	Aerobic	Strength	Functional	Aerobic	Strength		
	7:30am						Functional	Cardio
	8:30am						Functional	Cardio
	11:30am	Rowing		Rowing		Strength		
	4:00pm		Teen		Teen		Functional	Cardio
	5:15pm	Aerobic	Strength	Functional	Aerobic	Strength		
	6:00pm	Aerobic	Strength	Functional	Aerobic	Strength		