

Fitness Class Timetable

	Morning					Afternoon		Evening						
Mon	9:10-9:55am Strength & Tone			10:05-10:55am Strength Pilates		12:15-12:45pm Group Cycling	12:55-13:55pm Yoga	4:30-5:15pm Group PT	5:30-6:15pm Les Mills BodyPump	5:30-6pm HIIT	5:20-6:20pm Les Mills BodyBalance	6:15-7pm Basic Strength	6:30-7:15pm Group Cycle	6:30-7:15pm Les Mills Yoga (Hatha)
Tue	7:05-7:35am Group Cycle	7:45-8:15am Core	9:05-9:50am BodyTone	10-10:55am Les Mills BodyBalance		12noon-13:30pm Social Raquet Sports		4:45-5:20pm Strength and Tone	5:15- 6:15 Strength Pilates	5:35-6:15pm Group Cycling	6:25-7:10pm Les Mills Yoga (Hatha)	6:30-7:15pm Total Attack	6:30-7:15pm Zumba	
Wed	7:05-7:50am Group PT	8-8:40am Basic Strength	8:50-9:50am Yoga	10:10-11:00am Les Mills BodyPump	11:10am-12noon Pilates	12:10-12:50pm Forever Young BodyTone		5:30-6:15pm BoxerFit	5:30-6:15pm Basic Strength	5:30-6:30pm Yoga	6:30-7pm Group Cycle		7:10-7:55pm Strength circuit	
Thu	7:05-7:35am HIIT			7:45-8:15am Group Cycling		12noon-1:30pm Social Raquet Sports	1:05-1:55pm Yoga	4:30-5:15pm Les Mills BodyPump	5:20pm - 6:05pm Les Mills BodyBalance	5:30-6:15pm Low Impact Dance Class	5:30-6:15pm Total Attack	6:15pm- 7:05pm Pilates	6:30-7:15pm BodyTone	
Fri	7:05-7:50am Group PT	8-8:45am Basic Strength	8:05-9am Les Mills BodyBalance	9:10-10am Strength Pilates		12noon-13:30pm Social Raquet Sports		4:45-5:15pm Group Cycling	5:30-6:15pm Circuits		6:30pm-7:15pm Zumba Fitness		6:30-7:15pm Basic Strength	
Sat	8:30-9:15am Les Mills BodyPump		9:25am - 9:50am HIIT		10am -10:45am BodyFlow		“More than a gym”							
Sun	8:30-9:15am Circuits		9:25-10:15am Pilates		10:30-11:15am Zumba Fitness									

“More than a gym”