

Fitness Class Timetable

	Morning					Afternoon			Evening									
Mon	7:05-7:50am Group P/T		9:15-10am Strength and Tone		10:15-11:15am Pilates		12:15-12:45pm Group Cycle	12:55-1:55pm Yoga		4:30-5:15pm Group Cycle	5:30-6:15pm Strength and Balance	5:30-6pm HIIT	5:30-6:15pm Les Mills BodyPump	6:15-7pm Basic Strength	6:30-7:30pm Yoga	6:30-7:15pm Les Mills Body Combat	7:20-7:50pm Core	
Tue	7:05-7:35am Group Cycle	7:45-8:15am HIIT	9:15-10am BodyTone	10:10-11:10am Les Mills Body Balance	11:30-12:15pm Forever Young Circuit	12noon-2pm Social Pickleball			4:30-5:15pm Total Attack	4:50-5:25pm Strength and Tone	5:15-6:15pm Pilates	5:30-6:15pm Group Cycle	6:25-7:25pm Pilates	6:30-7:15pm Zumba Fitness	7:25-8:25pm Les Mills BodyPump	7:35-8:25pm Yoga		
Wed	7:05-7:50am Group P/T	8-8:30am Core	8:50-9:50am Yoga	10:10-11am Les Mills BodyPump	11:10am-12noon Pilates	12:10-12:55pm Basic Strength	12:10-12:55pm Forever Young Tone		4:30-5:15pm Circuits	5:30-6:25pm Yoga		5:30-6:15pm BoxerFit	6:30-7:15pm Group Cycle	6:35-7:30pm Yoga		7:30-8:20pm Les Mills BodyPump		
Thu	7:05-7:35am HIIT		07:45-8:15am Group Cycle		11:05-11:50am Basic Strength		12noon-2pm Social Badminton	12noon-1pm Les Mills Body Balance	1-2pm Forever Young Supported Gym Session	4:30-5:15pm Les Mills BodyPump	5:15-6pm Basic Strength	5:20-6:05pm Strength & Balance	5:30-6:15pm Low Impact Dance Class	5:30-6:15pm Total Attack	6:15-7:15pm Pilates	6:30-7:30pm Les Mills Body Combat	7:45-8:15pm Injury Prevention	
Fri	7:05-7:50am Group P/T	8-8:45am Basic Strength	8:05-8:50am BodyTone	9:05-9:50am Yoga		12noon-2pm Social Pickleball	12:15-12:45pm Beginners Group Cycle		4:45-5:15pm Group Cycle		5:30-6:15pm Circuits		6:30-7:15pm Learn to Lift		6:30-7:15pm Yoga Flow		7:20-8:05pm Yin Yoga	
Sat	8:45-9:30am Les Mills BodyPump		09:45-10:30am GroupCycling		10:50-11:50am Yoga		<div><div></div><div><div>“More than a gym”</div></div></div>											
Sun	8:45-9:30am Circuits			9:40-10:40am Les Mills BodyBalance														

“More than a gym”