

# Group Fitness Timetable

## Mon

09.15 - 10.00	Bums & Tums	All Levels	Sports Hall
09.30 - 10.15	Step	Intermediate	Aerobics Studio
10.15 - 11.15	Aerobics	Intermediate	Aerobics Studio
10.30 - 11.30	Pilates	All Levels	Function Room
11.15 - 12.45	Keep Fit in Retirement	All Levels	Aerobics Studio
13.00 - 14.00	Body Shaping	All Levels	Aerobics Studio
15.00 - 18.00	Honeyz School of Dance	All Levels	Aerobics Studio
18.00 - 18.45	Body COMbat	All Levels	Aerobics Studio
18.45 - 19.45	Step	Beginners	Aerobics Studio
19.00 - 19.45	Fab Abs	All Levels	Function Room
19.45 - 20.30	Bums & Tums	All Levels	Function Room
19.45 - 20.45	Body Pump	All Levels	Aerobics Studio
20.30 - 21.15	Bums & Tums	All Levels	Function Room
20.45 - 21.30	Body Combat	Intermediate	Aerobics Studio

## Tue

09.15 - 10.30	Body Pump	All Levels	Aerobics Studio
10.00 - 10.45	Aquafit	All Levels	Pool
10.30 - 11.30	Body Combat	Intermediate	Aerobics Studio
11.00 - 11.45	Aquafit	All Levels	Pool
11.30 - 12.30	Line Dancing	Beginners	Aerobics Studio
11.30 - 12.00	Body Combat Technique Clinic	All Levels	Function Room
12.30 - 13.30	Line Dancing	Intermediate	Aerobics Studio
15.00 - 18.00	Honeyz School of Dance	All Levels	Aerobics Studio
18.00 - 19.00	Bums & Tums	All Levels	Aerobics Studio
19.15 - 20.15	Body Pump	All Levels	Aerobics Studio
19.30 - 20.30	Circuits	Intermediate	Sports Hall
19.30 - 20.30	Body Shaping	Beginner/Intermediate	Function Room
20.15 - 21.15	Aerobics	All Levels	Aerobics Studio
20.30 - 22.00	Yoga	Advanced	Crèche

# Group Fitness Timetable

## Wed

09.15 - 10.00	Bums & Tums	All Levels	Sports Hall
09.30 - 10.15	Step	Intermediate	Aerobics Studio
10.30 - 11.30	Tight & Tone	All Levels	Aerobics Studio
11.30 - 12.30	Yoga	All Levels	Aerobics Studio
12.30 - 13.30	Salsa	All Levels	Aerobics Studio
13.30 - 14.45	Cardiac Rehab	Contact Gym	Aerobics Studio
17.30 - 18.30	Body Pump	All Levels	Aerobics Studio
18.30 - 19.30	Bums & Tums	All Levels	Aerobics Studio
19.00 - 20.00	Yoga	Beginners	Crèche
19.30 - 20.30	Body Combat	Advanced	Aerobics Studio
19.30 - 20.30	Tight & Tone	All Levels	Aerobics Studio
20.00 - 21.30	Yoga	All Levels	Crèche
20.30 - 21.30	Bums & Tums	Intermediate	Aerobics Studio
20.15 - 21.00	AquaFit	All Levels	Pool

## Thu

09.30 - 10.30	Body Pump	All Levels	Aerobics Studio
10.30 - 11.30	Body Combat	Intermediate	Aerobics Studio
10.30 - 11.30	Pre/Post Natal	Beginners	Sports Hall
11.30 - 12.30	Line Dancing	Intermediate	Aerobics Studio
11.30 - 12.15	Core Stability	All Levels	Sports Hall
12.30 - 13.30	Line Dancing	Advanced	Aerobics Studio
13.30 - 15.00	Keep Fit in Retirement	All Levels	Aerobics Studio
17.00 - 18.00	Teen Aerobics	All Levels	Aerobics Studio
18.00 - 19.00	Bums & Tums	All Levels	Aerobics Studio
19.00 - 19.45	Aqua Natal	All Levels	Pool
19.45 - 20.30	AquaFit	All Levels	Pool
20.00 - 21.00	Body Pump	All Levels	Aerobics Studio
20.00 - 21.00	Circuits	Intermediate	Sports Hall
20.30 - 21.15	Deep Water AquaFit	All Levels	Pool

## Fri

09.30 - 10.15	Bums & Tums	All Levels	Aerobics Studio
10.15 - 11.15	Aerobics	All Levels	Aerobics Studio
11.00 - 11.45	AquaFit	All Levels	Pool
11.15 - 12.15	Nifty 50's	All Levels	Aerobics Studio
13.00 - 14.00	Body Shaping	All Levels	Aerobics Studio
18.15 - 19.15	Body Pump	All Levels	Aerobics Studio



# Group Fitness Timetable

## Sat

09.00 - 10.00	Body Combat	Intermediate	Aerobics Studio
10.00 - 11.00	Bums & Tums	All Levels	Aerobics Studio
11.00 - 12.00	Step	Advanced	Aerobics Studio
12.15 - 13.15	Body Pump	All Levels	Aerobics Studio
13.15 - 13.45	Body Pump Technique Clinic	All Levels	Aerobics Studio
14.30 - 17.30	Honeyz School of Dance	All Levels	Aerobics Studio

## Sun

09.15 - 10.15	Yoga	Beginners	Crèche
10.00 - 11.00	Tight & Tone	All Levels	Aerobics Studio
10.15 - 11.45	Yoga	Advanced	Aerobics Studio
11.15 - 12.15	Body Pump	All Levels	Aerobics Studio
12.15 - 12.45	Body Combat Technique	All Levels	Crèche
18.15 - 19.00	Aquafit	All Levels	Pool
19.00 - 20.00	Body Pump	All Levels	Aerobics Studio
20.00 - 21.00	Kick Club	Intermediate	Aerobics Studio

