

Group Fitness Timetable

MONDAY

09.30-10.15	BUMS & TUMS	ALL LEVELS	SPORTS HALL
09.15-10.00	SPINFIT	ALL LEVELS	SPINFIT STUDIO
10.15-11.15	TRI-CLASS	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
18.00-18.45	BODY COMBAT	ALL LEVELS	AEROBICS STUDIO
18.45-19.30	SPINFIT	ALL LEVELS	SPINFIT STUDIO
18.30-19.30	RUNNING CLUB	ALL LEVELS	OUTDOOR ACTIVITY
18.45-19.45	STEP	ALL LEVELS	AEROBICS STUDIO
19.00-19.45	FAB ABS	ALL LEVELS	FUNCTION ROOM
19.45-20.45	BODY PUMP	ALL LEVELS	AEROBICS STUDIO
19.45-20.30	BUMS & TUMS	ALL LEVELS	FUNCTION ROOM
20.00-20.45	SPINFIT	ALL LEVELS	SPINFIT STUDIO
20.30-21.15	BUMS & TUMS	ALL LEVELS	FUNCTION ROOM
20.45-21.30	BODY COMBAT	INTERMEDIATE	AEROBICS STUDIO

TUESDAY

06.45-07.30	BOXERCISE	ALL LEVELS	AEROBICS STUDIO
09.30-10.30	BODY PUMP	ALL LEVELS	AEROBICS STUDIO
10.00-10.30	BODY COMBAT TECHNIQUE CLINIC	ALL LEVELS	FUNCTION ROOM
10.00-10.45	AQUAFIT	ALL LEVELS	POOL
10.30-11.30	BODY COMBAT	INTERMEDIATE	AEROBICS STUDIO
10.45-11.30	CORE STABILITY	ALL LEVELS	FUNCTION ROOM
10.45-11.30	SPINFIT	ALL LEVELS	SPINFIT STUDIO
11.00-11.45	AQUAFIT	ALL LEVELS	POOL
11.30-12.30	LINE DANCING	BEGINNER/INTERMEDIATE	AEROBICS STUDIO
12.30-13.30	LINE DANCING	INTERMEDIATE	AEROBICS STUDIO
18.00-19.00	ZUMBA	ALL LEVELS	AEROBICS STUDIO
19.15-20.15	BODY PUMP	ALL LEVELS	AEROBICS STUDIO
19.30-20.30	CIRCUITS	ALL LEVELS	SPORTSHALL
19.30-20.30	BODYSHAPING	INTERMEDIATE	FUNCTION ROOM
19.30-20.30	YOGA	ALL LEVELS	CRÛCHE
20.15-21.00	SPINFIT	ALL LEVELS	SPINFIT STUDIO
20.15-21.15	AEROBICS	BEGINNER/INTERMEDIATE	AEROBICS STUDIO



Group Fitness Timetable

WEDNESDAY

09.15-10.15	BODYSHAPING	ALL LEVELS	FUNCTION ROOM
09.30-10.15	STEP	INTERMEDIATE	AEROBICS STUDIO
09.45-10.30	SPINFIT	ALL LEVELS	SPINFIT STUDIO
10.30-11.30	TIGHT & TONE	ALL LEVELS	AEROBICS STUDIO
11.30-12.30	YOGA	ALL LEVELS	AEROBICS STUDIO
12.30-13.30	ZUMBA	ALL LEVELS	AEROBICS STUDIO
17.30-18.30	BODY PUMP	ALL LEVELS	AEROBICS STUDIO
18.00-18.45	SPINFIT	ALL LEVELS	SPINFIT STUDIO
18.30-19.30	BUMS & TUMS	ALL LEVELS	AEROBICS STUDIO
19.00-19.45	SPINFIT	ALL LEVELS	SPINFIT STUDIO
19.00-20.00	YOGA	BEGINNERS	CRÈCHE
19.30-20.30	BODY COMBAT	ALL LEVELS	AEROBICS STUDIO
19.30-20.30	TIGHT & TONE	ALL LEVELS	FUNCTION ROOM
20.15-21.00	AQUAFIT	ALL LEVELS	POOL
20.00-21.30	YOGA	INTERMEDIATE	CRÈCHE
20.30-21.30	PILATES	ALL LEVELS	FUNCTION ROOM

THURSDAY

06.45-07.30	SPINFIT	ALL LEVELS	SPINFIT STUDIO
09.30-10.30	BODY PUMP	ALL LEVELS	AEROBICS STUDIO
10.30-11.30	BODY COMBAT	INTERMEDIATE	AEROBICS STUDIO
11.30-12.30	LINE DANCING	INTERMEDIATE	AEROBICS STUDIO
12.00-12.45	SPINFIT	ALL LEVELS	SPINFIT STUDIO
12.30-13.30	LINE DANCING	ADVANCED	AEROBICS STUDIO
13.30-15.00	KEEP FIT IN RETIREMENT	ALL LEVELS	AEROBICS STUDIO
18.00-19.00	BUMS & TUMS	ALL LEVELS	AEROBICS STUDIO
18.45-19.30	SPINFIT	ALL LEVELS	SPINFIT STUDIO
19.00-20.00	ZUMBA	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	CIRCUITS	ALL LEVELS	SPORTS HALL
20.00-21.00	BODY PUMP	ALL LEVELS	AEROBICS STUDIO
20.30-21.15	DEEP WATER AQUAFIT	ALL LEVELS	POOL

FRIDAY

09.30-10.15	BUMS & TUMS	ALL LEVELS	AEROBICS STUDIO
09.30-10.15	SPINFIT	ALL LEVELS	SPINFIT STUDIO
09.45-10.30	AQUAFIT	ALL LEVELS	SWIMMING POOL
10.15-11.15	AEROBICS	ALL LEVELS	AEROBICS STUDIO
10.30-11.15	SPIN	ALL LEVELS	SPINFIT STUDIO
11.00-11.45	AQUAFIT (TERM TIME)	ALL LEVELS	POOL
11.15-12.15	NIFTY 50'S	ALL LEVELS	AEROBICS STUDIO
18.15-19.15	BODY PUMP	ALL LEVELS	AEROBICS STUDIO
19.00-19.45	SPINFIT	ALL LEVELS	SPINFIT STUDIO



Group Fitness Timetable

SATURDAY

08.00-09.00	CIRCUITS	ALL LEVELS	AEROBICS STUDIO
09.00-10.00	BODY COMBAT	INTERMEDIATE	AEROBICS STUDIO
10.00-10.45	SPINFIT	ALL LEVELS	SPINFIT STUDIO
10.00-11.00	BUMS & TUMS	ALL LEVELS	AEROBICS STUDIO
11.00-12.00	BODY PUMP	ALL LEVELS	AEROBICS STUDIO
12.00-12.30	BODY PUMP TECHNIQUE CLINIC	ALL LEVELS	AEROBICS STUDIO

SUNDAY

08.45-10.00	YOGA	ALL LEVELS	CRÈCHE
09.00-09.45	SPINFIT	ALL LEVELS	SPINFIT STUDIO
10.00-10.45	SPINFIT	ALL LEVELS	SPINFIT STUDIO
10.00-11.00	TIGHT & TONE	ALL LEVELS	AEROBICS STUDIO
11.15-12.15	BODY PUMP	ALL LEVELS	AEROBICS STUDIO
12.15-12.45	BODY COMBAT CLINIC	ALL LEVELS	AEROBICS STUDIO
18.15-19.00	AQUAFIT	ALL LEVELS	POOL
18.30-19.30	ZUMBA	ALL LEVELS	AEROBICS STUDIO

Group Fitness Timetable

AEROBICS & FATBURNERS:

Hi/Low impact exercise to improve cardiovascular fitness, tone muscle & burn fat.

CIRCUIT TRAINING:

Challenging strength & endurance class promoting all round fitness.

TIGHT & TONE:

Simple, low impact routines using hand weights to sculpt your body & improve muscle definition

FAB ABS:

45 minute class geared towards flattening & strengthening the stomach

LINE DANCING:

Great social event for all age groups. Fun moves & a whip cracking time!

KEEP FIT IN RETIREMENT & NIFTY 50'S:

Low impact & stretching class, motivating for seniors

AQUAFIT:

Exercise to music class based in water. Safe non-impact way to tone muscle

DEEP AQUA:

Uses flotation belts. Swimmers only

AQUA NATAL:

Non-impact exercise class in water for expectant mums.

POSTURE AWARENESS:

Focus on re-aligning your body and ultimately the way you move on all levels.

SALSA:

Dance class for all ages and all abilities

BODYPUMP & BODYCOMBAT TECHNIQUE CLINIC:

Must be taken before participating in a BP or BC class, teaching you correct posture & alignment

BODYPUMP:

Complete workout using barbells & weights designed to give you a superb toned body, fast!

BODYCOMBAT:

Non-contact aerobics class based around martial arts movements

BUMS & TUMS:

Low impact class geared towards working areas from the waist & below

STEP AEROBICS:

Cardiovascular & lower body workout using a platform

YOGA & PILATES:

Enhance your mind & body with this combination of strength, flexibility and balance.

SPINFIT:

Benefits of outdoor cycling with indoor comforts an effective way to get fit, fast!

PRE/POST NATAL:

Exercises to suit all mothers and mothers to be, focusing on relaxation & abdominal work

BODYSHAPING:

Low impact class getting you into seriously good shape.

MIND & BODY BALANCE:

Deep toning exercises combined with stretching for the ultimate body shape and improved flexibility. Regular attendance helps combat daily stresses.

CARDIAC REHAB:

This class is for those on the Steps 2 Health Scheme.

PLEASE NOTE:

Please refer to each individual Centre Programmes for Bank Holidays.

Please advise your Instructors of any physical ailments

For your Health & Safety latecomers will be refused entry

We reserve the right to change the group exercise timetable at any time

Off Peak: Mon - Fri 6.30am - 4.30pm and Sat - Sun 1.00pm-10.00pm. Peak at all other times.

