

# Group Fitness Timetable

## Mon

09.30 - 10.15	Pilates	All Levels	Aerobics Studio
09.30 - 10.15	Spin	All Levels	Mezzanine
09.30 - 10.30	Walking Club	All Levels	Athletics Track
10.30 - 11.15	Bums & Tums	All Levels	Aerobics Studio
11.00 - 11.45	Aqua Fit	All Levels	Pool
12.00 - 13.00	Line Dancing	Intermediate	Aerobics Studio
13.00 - 14.00	Line Dancing	Intermediate	Aerobics Studio
18.15 - 19.00	Spin	All Levels	Mezzanine
18.30 - 19.15	Pilates	All Levels	Aerobics Studio
18.45 - 19.30	Aqua Fit	All Levels	Pool
19.00 - 19.45	Spin	All Levels	Aerobics Studio
19.30 - 20.30	Bums & Tums	Beginners	Function Room
19.15 - 20.15	Body Combat	Advanced	Aerobics Studio

## Tue

09.30 - 10.30	Step Aerobics	Beginners	Aerobics Studio
10.45 - 11.45	Bums & Tums	Beginners	Aerobics Studio
12.00 - 12.30	Body Pump Clinic	Beginners	Aerobics Studio
12.30 - 13.30	Body Pump	All Levels	Aerobics Studio
13.45 - 14.45	Nifty Fifty	Beginners	Aerobics Studio
16.30 - 17.15	Spin	All Levels	Mezzanine
18.30 - 19.15	Bums & Tums	All Levels	Aerobics Studio
19.00 - 19.45	Spin	All Levels	Mezzanine
19.15 - 20.15	Body Pump	All Levels	Aerobics Studio

## Wed

09.30 - 09.45	<b>New</b> Spin	All Levels	Mezzanine
09.30 - 10.30	Fat Burners	Beginners	Aerobics Studio
09.45 - 10.30	<b>New</b> Spin	All Levels	Mezzanine
09.30 - 10.30	Walking Club	All Levels	Athletics Track
09.45 - 10.30	Spin	All Levels	Mezzanine
10.30 - 11.15	Aqua Fit	All Levels	Pool
10.45 - 11.30	Pilates	All Levels	Aerobics Studio
15.00 - 18.00	Honeyz School of Dance	All Levels	Aerobics Studio
18.15 - 19.00	Pilates	All Levels	Aerobics Studio
19.00 - 19.45	Spin	All Levels	Aerobics Studio
19.00 - 20.00	Bums & Tums	Intermediate	Aerobics Studio
20.00 - 21.30	Running Club	Private Hire	Athletics Track
20.00 - 20.45	Aqua Fit	All Levels	Pool



# Group Fitness Timetable

## Thu

09.30 - 10.15	Spin	All Levels	Mezzanine
09.45 - 10.45	Bums & Tums	Beginners	Aerobics Studio
10.45 - 11.30	Pilates	All Levels	Aerobics Studio
18.15 - 19.00	Spin	All Levels	Mezzanine
18.30 - 19.30	Bums & Tums	Intermediate	Aerobics Studio
19.30 - 20.30	Fat Burners	Beginners	Aerobics Studio

## Fri

09.30 - 10.30	Body Combat	Advanced	Aerobics Studio
09.30 - 10.15	New Spin	All Levels	Mezzanine
09.30 - 10.30	Walking Club	All Levels	Athletics Track
10.30 - 11.15	Bums & Tums	All Levels	Aerobics Studio
13.00 - 13.45	New Pilates	All Levels	Aerobics Studio

## Sat

09.00 - 10.00	Fat Burners	Beginners	Aerobics Studio
09.00 - 09.45	Spin	All Levels	Mezzanine
10.00 - 11.00	Body Combat	Advanced	Aerobics Studio
11.00 - 12.00	Body Pump	All Levels	Aerobics Studio
12.00 - 12.30	Combat Clinic	Beginners	Aerobics Studio

## Sun

10.15 - 11.15	Bums & Tums	All Levels	Aerobics Studio
11.15 - 12.15	Step Aerobics	All Levels	Aerobics Studio
18.15 - 19.00	Spin	All Levels	Mezzanine

