

Group Fitness Timetable

	TIME	CLASS	LOCATION
Mon	09.10-10.10	Attack/Pump Combo	Studio
	18.10-19.10	Body Pump	Studio
	19.20-20.20	Cardiofusion	Studio
	20.00-21.00	Aqua Aerobics	Pool
	20.30-21.30	Fitness Pilates	Studio
Tues	10.15-11.15	Cardio Fusion	Studio
	11.00-11.45	Wellbeing Aqua	Pool
	11.30-12.30	Body Balance	Studio
	18.00-19.00	Body Attack	Studio
	19.05-20.05	Body Pump	Studio
	20.10-21.10	Body Balance	Studio
Wed	09.10-10.10	Body Combat	Studio
	10.15-11.15	Body Pump	Studio
	18.00-19.00	Body Combat	Studio
	19.05-19.55	Circuits	Sports Hall
	19.05-20.05	Zumba	Studio
	20.10-21.10	Body Pump	Studio
Thurs	09.10-10.10	Body Balance	Studio
	11.30-12.15	Well Being Aerobics	Studio
	18.00-19.00	Body Pump	Studio
	19.10-20.10	Body Balance	Studio
	20.15-21.15	Zumba	Studio
	Fri	10.10-10.55	Body Attack
11.00-11.45		Body Pump	Studio
18.10-19.10		Cardio Fusion	Studio
Sat	09.10-10.10	Body Combat	Studio
	10.15-11.15	Body Pump	Studio
Sun	09.10-10.10	Body Attack	Studio
	10.15-11.00	Body Pump	Studio
	14.00-15.00	Zumba	Studio

