

Group Fitness Timetable - 2024

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle studio	6:00am	CYCLE45		CYCLE45		CYCLE45		
	8:00am						CYCLE45	
	9:15am		SPIN EXPRESS		SPIN EXPRESS			
	6:00pm	CYCLE45			CYCLE45			
Group fitness studio	5:45am		HIIT45		HIIT45			
	6:00am	LES MILLS BODY PUMP				LES MILLS BODY PUMP		
	6:30am		ABT EXPRESS		CORE EXPRESS			
	7:00am						HIIT45	
	7:15am	Stronger4Life CHALLENGE 	Stronger4Life MOBILITY 	Stronger4Life CHALLENGE 	Stronger4Life MOBILITY 	Stronger4Life CHALLENGE 		
	8:00am						LES MILLS BODYCOMBAT	
	9:00am		PILATES		STRETCH RELEASE		LES MILLS BODYATTACK	LES MILLS BODY PUMP
	9:15am	HIIT CIRCUIT		ABT EXPRESS		HIIT EXPRESS		
	10:00am	CORE EXPRESS	LES MILLS BODY PUMP	BOXFIT	LES MILLS BODY PUMP	BOXFIT	LES MILLS BODY PUMP	PILATES
	11:00am	PILATES	ZUMBA	STRETCH RELEASE	ZUMBA TONING		ZUMBA	
	12:00pm	YOGA	STRETCH RELEASE	PILATES	YOGA	PILATES		
	4:00pm						PILATES	YOGA
	4:15pm	TEEN GYM	TEEN GYM	TEEN GYM	TEEN GYM			
	5:30pm	LES MILLS BODY PUMP	HIIT45	LES MILLS BODYATTACK	HIIT45	YOGA		
	6:30pm	BOXFIT	LES MILLS BODYCOMBAT	LES MILLS BODY PUMP	 BOXFIT	ZUMBA		
	7:30pm	PILATES	ZUMBA	YOGA	PILATES			
Comp Pool	8:00am Comp Pool	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS	AQUA AEROBICS		
	6:45pm Comp Pool		AQUA AEROBICS					