

Group Fitness Timetable

Winter 2024

Group Fitness		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	Step	Body Pump	Power Blast	Step	HIIT Step (6:15am)		
	8:15am	Adults Movers		Adults Movers		Adults Movers	Mat Pilates (8:30am)	
	9:30am	Adults Movers (9:15am)	BoxFit	Step	Body Pump (9:15am)		Body Pump	
	9:45am		Adults Strength		Adults Strength	Mat Pilates		TONE (10:00am)
	10:30am	Body Pump	Adults Strength (10:45am)	Adults Movers	Adults Strength (10:45am)	Adults Movers (10:45am)	Step	Body Balance
					Yoga			
	11:15am				Adults Strength			
	4:15pm		Teen Gym (4:00pm)		Teen Gym			Zumba (3:00pm)
	6:00pm	Body Balance	Step	Body Pump	Body Pump	TONE		
7:00pm	Zumba	Body Pump	Body Balance		Zumba			

Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00am	Aqua	Aqua	Aqua 50m	Aqua	Aqua		Salti 50
	11:40am	Aqua		Aqua		Aqua	Salti 50 (10:00am)	
	1:45pm		Aqua		Aqua			
	7:15pm	Aqua	Aqua 50m	Aqua	Aqua 50m			

Connect 30		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	Aerobic	Strength		Aerobic	Strength		
	9:00am						Functional	Functional
	10:00am	Aerobic		Functional		Strength		
	4:00pm						Functional	Functional
	6:00pm	Aerobic	Strength	Functional	Aerobic	Strength		