

# Group Fitness Timetable

Autumn 2025

Group Fitness		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	Step	BoxFit	Power Blast	Step			
	6:45am			Power Blast				
	8:15am	Adults Movers		Adults Movers		Adults Movers	Mat Pilates (8:30am)	
	9:30am	Adults Movers (9:15am)	BoxFit	Step	Body Pump	Yoga	Body Pump	
	9:45am		Adults Strength		Adults Strength			TONE (10:00am)
	10:30am	Body Pump	Adults Strength (10:45am)	Adults Movers	Adults Strength (10:45am)	Adults Movers	Step	Body Balance
	11:15am				Body Balance			
	4:15pm		Teen Gym		Teen Gym			Zumba (3:00pm)
	6:00pm	Body Balance	Step	Body Pump	Body Pump			
	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	Salti 50
	11:40am	Aqua		Aqua		Aqua		
	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		
	6:45am	Aerobic	Strength		Aerobic	Strength		
	9:00am	Aerobic (9:15am)		Functional (9:15am)		Strength (9:15am)	Functional	Functional
	10:00am	Aerobic				Strength		
	4:00pm						Functional	Functional
	6:00pm	Aerobic	Strength	Functional	Aerobic	Strength		