

Group Fitness Timetable

Winter Timetable

Group Fitness		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	Step	BoxFit	Body Blast	Step			
	6:45am			Body 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	TONE
	9:45am		Adults Strength		Adults Strength			Body Balance (10:00am)
	10:30am	Body Pump	Adults Strength (10:45am)	Adults Movers	Adults Strength (10:45am)	Adults Movers	Step	
	3:00pm							Zumba
	6:00pm	Body Balance	Step	Body Pump	Body Pump			
	7:00pm	Zumba	Body Pump	Body Balance		Zumba		

Connect 30		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	C30	C30		C30	C30		
	6:45am	C30	C30		C30	C30		
	9:00am	C30 (9:15am)		C30 (9:15am)		C30 (9:15am)	C30	C30
	10:45 am	C30 (10:00am)		C30 (10:00am)	Adults Strength	C30 (10:00am)		
	4:00pm						C30	C30
	6:00pm	C30	C30	C30	C30	C30		

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			