

Group Fitness Timetable

Until gym reopens

Group Fitness Room		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	Step	BoxFit	Body Blast	Step	C30		
	6:45am	C30	C30	Body Blast	C30	C30		
	8:15am	Adults Movers	C30 (8:00am)	Adults Movers		Adults Movers	Mat Pilates (8:30am)	
			C30 (8:30am)					
	9:30am	Adults Movers (9:15am)	BoxFit	Step	Body Pump	Yoga	Body Pump	C30 (9:00am)
								TONE
	9:45am	C30 (10:00am)						Body Balance (10:00am)
	10:30am	Body Pump	Adults Strength (11:00am)	Adults Movers		Adults Movers	Step	
	11:15am	C30 (11:30am)		C30	Body Balance			
	3:00pm							Zumba
	4:00pm						C30	C30
	5:30pm	C30	C30	C30	C30	C30		
	6:00pm	Body Balance	Step	Body Pump	Body Pump			
	7:00pm	Zumba	Body Pump	Body Balance		Zumba		

Astro Turf		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	C30	C30		C30			
	9:00am	C30 (9:15am)		C30 (9:15am)			C30	
	9:45am		Adults Strength		Adults Strength			
	10:45 am			C30 (10:00am)	Adults Strength			

Group Fitness Timetable

Aqua

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			