

Group Fitness Timetable

Autumn Timetable

Group Fitness Studio		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	Step	Body Pump	Body Blast	Step			
	8:15am	Adults Movers		Adults Movers		Adults Movers	Mat Pilates (8:30am)	
	9:30am	Adults Movers (9:15am)	BoxFit	Step	Body Pump		Body Pump	TONE
	10:30am	Body Pump		Adults Movers		Adults Movers	Step	Body Balance (10:00am)
	1:30pm			Strength & Stretch			Zumba (12:45pm)	
	3:30pm						Mat Pilates	
	6:00pm	Body Balance	Step	Body Pump	Step	Mat Pilates	Body Balance (4:30pm)	
	7:00pm	Zumba	Body Pump	Body Balance		Zumba		

Gym / Outdoor		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	C30	C30		C30	C30		
	6:45am	C30	C30		C30	C30		
	9:15am	C30	C30 (9:30am)	C30		C30	C30 (9:00am)	C30 (9:00am)
	9:45am	Stretch & Strength (outdoor)	C30 (10:15am)	Stretch & Strength (outdoor)	Adults Strength	Stretch & Strength (outdoor)		
					Stretch & Strength (10:30am)			
	10:45 am	C30 (10:00am)	Adults Strength	C30 (10:00am)	Adults Strength	C30 (10:00am)		
	1:30pm						Teen C30	Teen C30
	4:00pm	Teen Gym Hours (4:00pm to 6:00pm) Mon - Fri					C30	C30
	4:30pm	Teen C30	Teen C30	Teen C30	Teen C30			
6:00pm	C30	C30	C30		C30			
6:45pm	C30	C30	C30					

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