

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	Senior Movers		Senior Movers		Senior Movers	Mat Pilates (8:30am)	
	9:30am	Senior Movers (9:15am)	BoxFit	Step	Body Pump (9:15am)	Mat Pilates	Body Pump	
	9:45am		Senior Strengths		Senior Strengths			TONE (10:00am)
	10:30am	Body Pump	Senior Strengths (10:45am)	Senior Movers	Senior Strengths (10:45am)	Senior Movers	Step	Body Balance
					Yoga			
	11:15am				Senior Strengths			
	4:15pm	Body Balance	Teen Gym (4:00pm)		Teen Gym			Zumba (3:00pm)
	6:00pm		Step	BoxFit	Body Pump	TONE		
7:00pm	Zumba	Body Pump	Body Balance		Zumba			

Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:15am	Aqua	Aqua	Aqua 50m	Aqua	Aqua		Salti 50
	12:15pm	Aqua		Aqua		Aqua	Salti 50 (10:00am)	
			Aqua		Aqua			
		Aqua	Aqua 50m	Aqua	Aqua 50m			

Connect30		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	C30 Aerobic	C30 Strength		C30 Aerobic	C30 Strength		
	9:00am						C30 Functional	C30 Functional
	11:30am	C30 Aerobic		C30 Functional		C30 Strength		
	4:30pm						C30 Functional	C30 Functional
	6:00pm	C30 Aerobic	C30 Strength	C30 Functional	C30 Aerobic	C30 Strength		