

GROUP EXERCISE TIMETABLE

GROUP EXERCISE STUDIO

	MON 6	TUES 7	WED 8	THURS 9	FRI 10	SAT 11	SUN 12
6.00AM							
7.30AM							
8.00AM							
9.30AM	TONE		BODY PUMP		BODY PUMP		BODY PUMP
10.30AM	BODY BALANCE			FEELING FIT		BODY STEP	BODY BALANCE
11.30AM		BODY BALANCE	ZUMBA GOLD			BODY BALANCE	

VIRTUAL ON DEMAND

6.00PM							
6.30PM		BODY STEP					
7.30PM	BODY BALANCE						
7.45PM							

WELLBEING STUDIO

	MON 6	TUES 7	WED 8	THURS 9	FRI 10	SAT 11	SUN 12
8.30AM		MAT PILATES		YOGA			
9.30AM		MAT PILATES *KID FRIENDLY					
10.30AM			YOGA				
11.30AM				MINDFUL MOVEMENT			
12.30PM		YOGA					
4.30PM							
6.30PM	FIT & FAB						
7.30PM							
7.45PM							

AQUA AEROBICS

	MON 6	TUES 7	WED 8	THURS 9	FRI 10	SAT 11	SUN 12
7.00AM	AQUACISE		AQUACISE				
8.00AM	AQUACISE	GENTLE	AQUACISE		AQUACISE	AQUACISE	
9.00AM			AQUACISE	DEEP RUNNING	AQUACISE	AQUACISE	
10.00AM			AQUACISE		AQUACISE		
11.15AM	AQUA FLOW				GENTLE		
6.30PM							

REFORMER STUDIO

	MON 6	TUES 7	WED 8	THURS 9	FRI 10	SAT 11	SUN 12
6AM			REF		REF		
7AM			REF		REF		
8.30AM	CLINICAL REF					REF	
9.30AM	REF	REF	REF	REF	REF	REF	
10.30AM	REF	REF	REF	REF	REF	REF	
11.30AM						INTRO CLASS	
4.30PM							
5.30PM	REF	REF		REF	REF		
6.30PM	REF	REF		REF	REF		
7.30PM	REF						

FUNCTIONAL TRAINING

	MON 6	TUES 7	WED 8	THURS 9	FRI 10	SAT 11	SUN 12
6.00AM							
7.00AM		FUNCTIONAL					
8.45AM						FUNCTIONAL	
9.30AM						FUNCTIONAL	
12.00PM				FUNCTIONAL			
5.30PM			FUNCTIONAL	4.30PM BOXING			
6.00PM	FUNCTIONAL						
6.15PM			FUNCTIONAL				

VIRTUAL CLASSES

	MON 6	TUES 7	WED 8	THURS 9	FRI 10	SAT 11	SUN 12
6AM	PUMP		BALANCE	RPM	COMBAT	CORE	RPM
7AM	SPRINT	SPRINT	CORE	RPM	CORE		COMBAT
8AM		COMBAT	RPM		SPRINT		CORE



New Classes this Timetable



Available to Active Adults Members



Only available to Wellness Members



These classes are run in the Warm Water Pool



*Classes with lower numbers

