

GROUP EXERCISE TIMETABLE

FROM 1 AUGUST 2024
WINTER TIMETABLE

GROUP EXERCISE STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM		RPM					
7:30AM						RPM	
8:00AM	AA. CYCLE						
8:30AM							
9:30AM	TONE	BODY PUMP	BODY PUMP	THT	BODY PUMP		BODY PUMP
10:30AM	BODY BALANCE			FEELING FIT	BODY BALANCE	BODY STEP	BODY BALANCE
11:30AM	FEELING FIT	BODY BALANCE	ZUMBA GOLD		BODY PUMP	BODY BALANCE	
12:30PM							
VIRTUAL ON DEMAND UNTIL 4:30PM							
6:00PM				BODY PUMP			
6:30PM		BODY STEP					
7:00PM							
7:30PM	BODY BALANCE	BODY BALANCE					

WELLNESS STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
8:30AM				YOGA VINYASA			
9:30AM							
10:30AM		STRETCH & RELAXATION	YOGA HATHA	MINDFUL MOVEMENT			
11:30AM				MINDFUL MOVEMENT			
12:30PM		YOGA HATHA					
ROOM AVAILABLE FOR HIRE OUTSIDE OF CLASS TIMES							
6:30PM	FIT & FAB						
7:30PM				MINDFUL MOVEMENT			
7:45PM			MAT PILATES				

VIRTUAL CLASSES**							
	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM			BODY ATTACK	RPM	BODY COMBAT		
7:00AM	BODY PUMP	SPRINT	CORE	GRIT	CORE		
8:00AM	SPRINT	BODY COMBAT	BODY BALANCE		SPRINT		

**Virtual on demand all other times.

AQUA CLASSES							
	MON	TUE	WED	THU	FRI	SAT	SUN
7:00AM	AQUACISE		AQUACISE		AQUACISE		
8:00AM	AQUACISE	GENTLE AQUACISE	AQUACISE	GENTLE AQUACISE	AQUACISE	AQUACISE	
9:00AM		AQUACISE	AQUACISE		AQUACISE	AQUACISE	
10:00AM	AQUACISE	AQUACISE	AQUACISE		AQUACISE		
11:15AM	AQUA FLOW				GENTLE AQUACISE		
2:30PM			NEW! AQUACISE				
6:30PM	DEEP WATER RUNNING		AQUACISE				

These classes run in the Warm Water Pool

REFORMER PILATES STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
7:00AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
8:30AM						REFORMER	
9:30AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	
10:30AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	
5:30PM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
6:30PM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
7:30PM	REFORMER						

Only available to Wellness Members

GYM FLOOR							
	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM	KNOXHIIT						
9:00AM						KNOXHIIT	
9:30AM				KNOXHIIT			
11:30AM	SENIOR STRENGTH*		SENIOR STRENGTH*		SENIOR STRENGTH*		
5:30PM			KNOXHIIT				
6:00PM	KNOXHIIT						
6:15PM			KNOXHIIT				

*Senior Strength runs from 11:30AM until 2:30PM

Available to Active Adults Members

*Classes with lower numbers

