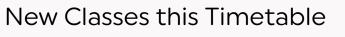
## **GROUP EXERCISE TIMETABLE FEB 2025**

GROUP EXERCISE STUDIO									
	MON	TUES	WED	THURS	FRI	SAT	SUN		
6.00AM		RPM		RPM					
7.30AM						RPM			
8.00AM	AA CYCLE								
8.30AM		MAT PILATES	MAT PILATES	YOGA					
9.30AM	TONE	MAT PILATES	BODY PUMP	LES MILS CORE	BODY PUMP		BODY PUMP		
10.30AM	BODY BALANCE		YOGA	FEELING FIT	BODY BALANCE	BODY STEP	BODY BALANCE		
11.30AM	DANCE	BODY BALANCE	ZUMBA GOLD	MINDFUL MOVEMENT	BODY PUMP	BODY BALANCE			
12.30AM		YOGA							
			VIRTUAL	ON DEMAND					
4.30PM		ROLL & STRETCH							
5.30PM									
6.00PM				BODY PUMP					
6.30PM		BODY STEP							
7.30PM	BODY BALANCE	BODY BALANCE							
7.45PM			MAT PILATES						

AQUA AEROBICS									
	MON	TUES	WED	THURS	FRI	SAT	SUN		
7.00AM	AQUACISE		AQUACISE		AQUACISE	AQUACISE			
8.00AM	AQUACISE	GENTLE AQUA	AQUACISE	GENTLE AQUA	AQUACISE	AQUACISE			
9.00AM	AQUACISE	AQUACISE	AQUACISE	DEEP RUNNING	AQUACISE				
10.00AM	AQUACISE	AQUACISE	AQUACISE		AQUACISE				
11.15AM	AQUA FLOW				GENTLE AQUA				
6.30PM	DEEP RUNNING		AQUACISE	GENTLE AQUA					
7.30PM	AQUA ZUMBA								









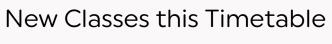
REFORMER STUDIO									
	MON	TUES	WED	THURS	FRI	SAT	SUN		
6AM	REF	REF	REF	REF	REF				
7AM	REF	REF	REF	REF	REF				
7.30AM						REF			
8.30AM						REF	REF		
9.30AM	REF	REF	REF	REF	REF	REF	REF		
10.30AM	REF	REF		REF					
12.00PM	CLINICAL REF								
4.30PM	REF		CLINICAL REF	REF	REF				
5.30PM	REF	REF	REF	REF	REF				
6.30PM	REF	REF	REF	REF	REF				
7.30PM	REF								

FUNCTIONAL TRAINING									
	MON	TUES	WED	THURS	FRI	SAT	SUN		
6.00AM	FUNCTIONAL	WOMENS BOXING			FUNCTIONAL				
6.30am	FUNCTIONAL				FUNCTIONAL				
7.00AM		FUNCTIONAL							
8.45AM						FUNCTIONAL			
9.30AM				FUNCTIONAL		FUNCTIONAL			
11.30PM					SENIOR STRENGTH				
4.30pm				BOXING					
5.30PM			FUNCTIONAL						
6.00PM	FUNCTIONAL								

## **VIRTUAL CLASSES**

	MON	TUES	WED	THURS	FRI	SAT	SUN
6AM	PUMP		BALANCE	RPM	СОМВАТ	CORE	RPM
7AM	SPRINT	SPRINT	CORE	RPM	CORE		СОМВАТ





**HERE**