

# 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   |             |          |              |             |          |     |



New Classes this Timetable



These classes are run in the Warm Water Pool



Available to Active Adults Members



\*Classes with lower numbers

| 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   | COMBAT | CORE | RPM    |
| 7AM             | SPRINT | SPRINT | CORE    | RPM   | CORE   |      | COMBAT |



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