

GROUP EXERCISE TIMETABLE JAN 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 *feb 6th start | BODY PUMP | | BODY PUMP |
| 10.30AM | BODY BALANCE | | YOGA | FEELING FIT | BODY BALANCE | BODY STEP | BODY BALANCE |
| 11.30AM | | 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 | | |
| 8.00AM | AQUACISE | GENTLE AQUA | AQUACISE | GENTLE AQUA | AQUACISE | AQUACISE | |
| 9.00AM | | AQUACISE | AQUACISE | DEEP RUNNING | AQUACISE | 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 | | |
| 8.30AM | CLINICAL REF | | | | | REF | |
| 9.30AM | REF | REF | REF | REF | REF | REF | |
| 10.30AM | REF | REF | | REF | | REF | |
| 11.30AM | | | | | | | |
| 4.30PM | | | CLINICAL 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 | | |
| 7.00AM | | FUNCTIONAL | | | | | |
| 8.45AM | | | | | | FUNCTIONAL | |
| 9.30AM | | | | FUNCTIONAL | | FUNCTIONAL | |
| 12.00PM | | | | | SENIOR STRENGTH *7th Feb Start | | |
| 4.30PM | | | | BOXING | | | |
| 5.30PM | | | FUNCTIONAL | | | | |
| 6.00PM | FUNCTIONAL | | | | | | |
| 6.15PM | | | FUNCTIONAL | | | | |

| VIRTUAL CLASSES | | | | | | | |
|-----------------|--------|--------|---------|-------|--------|------|--------|
| | MON | TUES | WED | THURS | FRI | SAT | SUN |
| 6AM | PUMP | | BALANCE | RPM | COMBAT | CORE | RPM |
| 7AM | SPRINT | SPRINT | CORE | RPM | CORE | | COMBAT |



New Classes this Timetable



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Available to Active Adults Members



*Classes with lower numbers