

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		YOGA	
9.30AM	TONE	MAT PILATES	BODY PUMP	LES MILS CORE	BODY PUMP	MEDITATION	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	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		
8.30AM						REF	
9.30AM	REF	REF	REF	REF	REF	REF	
10.30AM	REF	REF		REF		REF	
12.00PM	CLINICAL REF						
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	
11.30PM					SENIOR STRENGTH		
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



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