



Fitness Class Timetable

Time Slot	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
7-9am									
9-10am	9:15am - 10:15am Yoga	9:00am - 9:45am Core Conditioning 9:45am - 10:30am Core Conditioning	9am-9:45am Pump	9:30am-10:30am Yoga	9.30am-10.15am Strength	9:30am-10:15am Group Cycle	9:30am- 10:15am Functional Fitness	9am-10am Seated Yoga	
10-11am	10:15am - 11:15am Healthy Lifestyle	10:30am-11:15am Healthy Lifestyle Active 10:30am-11:30am Strength Legends	10:00am-10:45am Group Cycle	10:00am-10:45am Core Conditioning	10:30am-11:15am Beginners Dance	10:30am-11:15am Healthy Lifestyle	10:30am-11:30am Strength Legends	10:30am- 11:15am Core Conditioning	10am-11am Yoga
11-12 noon	11:30am - 12:15pm Aquafit	11:30am - 12:30am Yoga	11:30am - 12:15am Low Impact Healthy Lifestyle	11am-11:45am Aquafit	11:15am-12:15pm Body Ballet	11:30am-12:30pm Balance Buddies	11:30am-12:15pm Aqua Fit	11:15am-12:00noon Strength	
12-1pm				12:30pm-1:15pm Ladies Strength					
1-3pm									
3-4pm						3:10pm-4:00pm Junior Strength and Conditioning			
4-5pm				4:00pm-4:50pm Junior Strength and Conditioning					
5-6pm	5pm - 5:30pm Group Cycle	5:15pm - 6pm Strength	5:15pm-6pm Group Cycle	5pm-5:30pm Group Cycle					
6-7pm	5:45pm - 6:30pm Body conditioning	6:15pm-7pm Pump	6pm-7pm Yoga	5:45pm-6:30pm Circuit Training	6:00pm - 6:45pm Beginners Street Dance				
7-8pm	6:45pm - 7:30pm Group cycle 7pm-8pm Swim Fit	7pm-8pm Pilates	7:15pm-8pm Boxercise	7pm-8pm Yoga	6:45pm-7:30pm Group Cycle	7pm-8pm Pilates			
8-9pm				8pm-9pm Swim Fit					

Session Descriptions		
<ul style="list-style-type: none"> Body Conditioning - bodyweight based training session all levels Circuits - bodyweight based high intensity circuit session Junior Strength and Conditioning - for our 11-15yr olds (included with netball/basketball memberships) 		HALL
<ul style="list-style-type: none"> Group Cycle - a bike based medium-high intensity cardio workout 30 minute and 45 minute (extended) sessions 		RIDE ZONE
<ul style="list-style-type: none"> Balance Buddies - aimed at people who have balance issues or have fallen Beginners Dance - fun medium-high impact/intensity - learn steps from dances from around the world Beginners Street Dance - fun medium-high impact/intensity - Street dance for adults of all abilities Body Ballet - core strength and posture Boxercise - boxing based cardio workout Chair Yoga - a seated yoga session for those with mobility issues Core Conditioning - cardio workout mixed with core strengthening Functional Fitness - lifting weights, boxing, stepping medium-high intensity Healthy Lifestyle Circuits - low intensity, low impact, mobility - for older adults and those with disabilities only Pilates - posture, balance, and flexibility Pump - an aerobic and strength class to music Yoga - mobility, balance, mindfulness 		STUDIO
<ul style="list-style-type: none"> Aquafit - a pool based training session using water resistance Swim Fit - Swim endurance training 		POOL
<ul style="list-style-type: none"> Strength - gym based class combining free weights and bodyweight movements Ladies Strength - as above for female adults only Strength Legends - as above for older adults and those with disabilities only 		GYM