

Fitness Class Timetable

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

06:30-07:15
Spin
Katie

06:30-07:15
Body Pump
Emily

08:05-08:50
Aqua
Laraine

09:20-09:50
Express Spin
Fitness Team

08:00-08:30
Express Spin
Katie

08:00-08:45
Circuit
Katie

08:00-08:30
Express Spin
Katie

09:05-09:50
Zumba
Laraine

09:55-10:40
Circuit
Fitness Team

10:00-10:45
Body Pump
Tina

10:45-11:15
Body Balance
Fitness Team

18:45-19:30
Core Crusher
Fitness TEam

18:05-18:50
Circuit
Fitness Team

18:05-18:50
Circuit
Sam

19:35-20:20
The Weekend Drill
Fitness Tem

18:30-19:15
Boxing
Sam

19:00-19:45
Pilates/
Core Stability
Sam

19:25-19:55
Express Body Balance
Sam

19:45-20:30
Body Pump
Tina

20:35-21:20
Pilates
Laraine

19:00-20:00
Swim Fit
Swim Team

Class Index

- High Intensity
- Strength & Conditioning
- Low Impact
- Dance
- Aqua
- Adult Climbing

• Please note, there are some occasions where activities maybe moved, changed or cancelled. Please book in advance to avoid disappointment.

