

GROUP EXERCISE TIMETABLE JAN 2025

GROUP EXERCISE STUDIO							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00AM		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	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	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				FUNCTIONAL		
7.00AM		FUNCTIONAL					
8.45AM						FUNCTIONAL	
9.30AM				FUNCTIONAL		FUNCTIONAL	
12.00PM					SENIOR STRENGTH *7th Feb Start		
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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