GROUP EXERCISE CLASSES

TIMETABLE

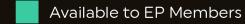
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------|---------|--------------|----------------|-------------|---------------------|--------------|--------------|--------------|
| | 6.00AM | | RPM | | | | | |
| | 6.30AM | | | FREESTYLE | | | | |
| 0 | 7.30AM | MAT PILATES | | | | MAT PILATES | RPM | |
| | 8.00AM | AA CYCLE | | | | | | |
| | 8.30AM | | MAT PILATES | MAT PILATES | YOGA | | YOGA | |
| S | 9.30AM | TONE | MAT PILATES | BODY PUMP | GRIT | BODY PUMP | YOGA | BODY PUMP |
| GROUP FITNESS STUDIO | 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 | | | | | |
| F | | | | VIRTUAL | ON DEMAND | | | |
| 9 | 4.30PM | | ROLL & STRETCH | | | | | |
| GROL | 5.30PM | | | | | | | |
| | 6.00PM | | | | BODY PUMP | | | |
| | 6.30PM | | BODY STEP | | | | | |
| | 7.30PM | BODY BALANCE | BODY BALANCE | | | | | |
| | 7.45PM | | | MAT PILATES | | | | |

GROUP EXERCISE CLASSES

| ш | ш | IE | ш | A | D | L | |
|---|---|----|---|---|---|---|--|
| | | | | | | | |
| | | | | | | | |

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------|---------|---------------------------|------------|---------------------------|------------|---------------------------|------------|--------|
| | 6.00AM | FUNCTIONAL | | | | FUNCTIONAL | | |
| | 6.30AM | FUNCTIONAL | | | | FUNCTIONAL | | |
| | 7.00AM | | FUNCTIONAL | | | | | |
| | 8.30AM | | | | | | FUNCTIONAL | |
| GYM FLOOR | 9.00AM | GROUP EXERCISE PHYSIOLOGY | | | | | FUNCTIONAL | |
| 1 00 | 9.30AM | | | GROUP EXERCISE PHYSIOLOGY | FUNCTIONAL | | | |
| W | 10.00AM | | | | | GROUP EXERCISE PHYSIOLOGY | | |
| (EY | 12.00PM | GROUP EXERCISE PHYSIOLOGY | | | | SENIOR STRENGTH | | |
| | 5.30PM | | | FUNCTIONAL | | | | |
| | 6.00PM | FUNCTIONAL | | | | | | |
| | 6.15PM | | | FUNCTIONAL | | | | |

Available to Active Adults Members





SUNDAY

SATURDAY

FRIDAY

GROUP EXERCISE CLASSES TIMETABLE

MONDAY

TUESDAY

| | 7.00AM | AQUACISE | | AQUACISE | | AQUACISE | AQUACISE | |
|------|--|--------------|-------------|---------------------------|--------------|-------------|----------|--|
| | 8.00AM | AQUACISE | GENTLE AQUA | AQUACISE | GENTLE AQUA | AQUACISE | AQUACISE | |
| V | 9.00AM | AQUACISE | AQUACISE | AQUACISE | DEEP RUNNING | AQUACISE | | |
| AQUA | 10.00AM | AQUACISE | AQUACISE | AQUACISE | | AQUACISE | | |
| | 11.15AM | AQUA FLOW | | | | GENTLE AQUA | | |
| | 2.00PM | | | GROUP EXERCISE PHYSIOLOGY | | | | |
| | 6.30PM | DEEP RUNNING | | AQUACISE | GENTLE AQUA | | | |
| | No. of the last of | | | | | | | |

THURSDAY

WEDNESDAY

Classes held in Warm Water Pool

AQUA ZUMBA

Available to EP Members

7.30PM



GROUP EXERCISE CLASSES TIMETABLE

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------|---------|----------|----------|----------------------|----------|----------|----------|----------|
| | 6.00AM | REFORMER | REFORMER | REFORMER | REFORMER | REFORMER | | |
| | 7.00AM | REFORMER | REFORMER | REFORMER | REFORMER | REFORMER | | |
| 010 | 7.30AM | | | | | | REFORMER | |
| TUD | 8.30AM | | | | | | REFORMER | REFORMER |
| R S7 | 9.30AM | REFORMER | REFORMER | REFORMER | REFORMER | REFORMER | REFORMER | REFORMER |
| ME | 10.30AM | REFORMER | REFORMER | | REFORMER | | | |
| REFORMER STUDIO | 4.30PM | REFORMER | | CLINICAL REFORMER | REFORMER | REFORMER | | |
| | 5.30PM | REFORMER | REFORMER | REFORMER | REFORMER | REFORMER | | |
| | 6.30PM | REFORMER | REFORMER | REFORMER | REFORMER | REFORMER | | |
| | 7.30PM | REFORMER | | | | | | |

Available to Active Adults Members

