

GROUP EXERCISE CLASSES

TIMETABLE

FROM 26
JANUARY 2026

GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM		RPM		CYCLE			
7.30AM						RPM	
8.00AM	SENIORS CYCLE						
8.30AM		MAT PILATES	MAT PILATES	VITAL MOVES <small>NEW</small>			
9.30AM	LES MILLS TONE	MAT PILATES	BODY PUMP	LES MILLS CORE	BODY PUMP		BODY PUMP
10.30AM	BODY BALANCE		YOGA	FEELING FIT	BODY BALANCE	BODY STEP <small>?</small>	BODY BALANCE
11.30AM	DANCE	BODY BALANCE	ZUMBA GOLD	MINDFUL MOVEMENT	BODY PUMP	BODY BALANCE <small>?</small>	
12.30AM		YOGA					
4.30PM		STRETCH & ALIGN					
6.00PM				BODY PUMP			
6.30PM	MAT PILATES <small>?</small>	BODY STEP <small>?</small>					
7.30PM	BODY BALANCE <small>?</small>	BODY BALANCE		YOGA <small>?</small>			
7.45PM			MAT PILATES <small>?</small>				

 Available to Active Adults Members

 Classes flagged for low participation.

*Classes may be subject to change

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GYM FLOOR	6.00AM	FUNCTIONAL		FUNCTIONAL		FUNCTIONAL	
	8.30AM					FUNCTIONAL	
	9.00AM	GROUP EXERCISE PHYSIOLOGY				FUNCTIONAL	
	9.30AM		GROUP EXERCISE PHYSIOLOGY		GROUP EXERCISE PHYSIOLOGY		
	10.00AM						
	11.30AM				SENIOR STRENGTH		
	12.00PM	GROUP EXERCISE PHYSIOLOGY		SENIOR STRENGTH <small>NEW</small>			
	4.30PM						
	5.30PM		FUNCTIONAL	BOXING <small>NEW</small>	TEEN GYM <small>NEW</small>		
	6.00PM	FUNCTIONAL	FUNCTIONAL				
	6.15PM						

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Available to Active Adults Members



Available to EP Members Only

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA	7.00AM	AQUACISE		AQUACISE		AQUACISE	AQUACISE
	8.00AM	AQUACISE	GENTLE AQUA	AQUACISE	GENTLE AQUA	AQUACISE	AQUACISE
	9.00AM	AQUACISE	AQUACISE	AQUACISE	DEEP WATER RUNNING	AQUACISE	
	10.00AM	AQUACISE	DEEP WATER RUNNING	AQUACISE		AQUACISE	
	11.15AM	AQUA FLOW				GENTLE AQUA	
	2.00PM			GROUP EXERCISE PHYSIOLOGY			
	6.30PM	DEEP WATER RUNNING		AQUACISE	GENTLE AQUA		
	7.30PM	AQUA ZUMBA					

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Please note- for Deep Water Running you must be able to swim

█ Classes held in Warm Water Pool

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REFORMER STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REFORMER STUDIO	6.00AM	REFORMER	REFORMER	REFORMER	REFORMER		
	7.00AM	REFORMER	REFORMER	REFORMER	REFORMER		
	7.30AM					REFORMER	
	8.00AM				CLINICAL REFORMER		
	8.30AM		REFORMER <small>TRIAL</small> CIRCUIT			REFORMER	REFORMER
	9.30AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER
	10.30AM	REFORMER	REFORMER		REFORMER		REFORMER
	4.30PM	REFORMER		CLINICAL REFORMER	REFORMER	REFORMER	
	5.30PM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	
	6.30PM	REFORMER	REFORMER	REFORMER	REFORMER		
	7.30PM	REFORMER					

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TRIAL Trialing a new style of class for 4 weeks

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