

Group Fitness Timetable

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5.45am		2 SPIN ₃₀		1 META FIT ₃₀			
6.00am	1 LES MILLS BODYPUMP 45		1 CIRCUIT ₄₅		4 SUNRISE YOGA 1 LES MILLS BODYPUMP 45		
6.30am		3 COR ₃₀		3 COR ₃₀	2 SPIN ₃₀		
7.00am			2 SPIN ₃₀ 8 ZEN CHAIR YOGA	2 SPIN ₃₀ 8 ZEN CHAIR YOGA			
7.45am					1 META FIT ₃₀		
8.00am	1 BOOMERS	1 LES MILLS BODYPUMP 60	1 BOOMERS	1 LES MILLS BODYPUMP 60	1 BOOMERS	2 SPIN ₄₅	
8.15am		9 SENIOR CIRCUIT ₄₅		10 SENIOR CIRCUIT ₄₅			
8.30am						8 ZEN YOGA 1 LES MILLS BODYPUMP 30 3 CIRCUIT ₄₅	
8.45am	2 SPIN ₃₀						
9.00am	3 SWOT BOX	8 HATHA YOGA	3 SWOT BOX		8 ZEN YOGA 3 SWOT BOX		1 LES MILLS BODYBALANCE
9.15am	1 LES MILLS BODYSTEP 30	1 META FIT ₃₀ 2 SPIN ₃₀	1 LES MILLS BODYSTEP 60	1 LES MILLS BODYATTACK	1 LES MILLS BODYSTEP 30 2 SPIN ₃₀	2 ABT ₃₀ 1 LES MILLS BODYSTEP 45	
9.30am	2 SPIN ₃₀		2 SPIN ₃₀	2 SPIN ₃₀			
9.45am	1 LES MILLS BODYPUMP 30	1 LES MILLS BODYPUMP 30			1 LES MILLS BODYPUMP 30	8 ROLLOUT MASSAGE	
10.00am				8 ZEN CHAIR YOGA			
10.15am		2 ABT ₄₅		2 ABT ₃₀	1 Stretch & core		
10.25am	1 LES MILLS BODYBALANCE 2 ABT ₃₀	1 ZUMBA	1 LES MILLS BODYBALANCE	1 ZUMBA	8 ZEN YOGA		
11.30am	1 FLEX & FLOW	1 BOOMERS	1 TAI CHI FLOW	1 BOOMERS			
1.00pm			8 RESTORATIVE YOGA		8 RESTORATIVE YOGA		
3.30pm			3 STUDENT POWERFIT				
4.15pm		8 RESTORATIVE YOGA	3 JUNIOR POWERFIT				
5.00pm	3 STRENGTH & CONDITIONING	2 TONE IT UP	1 HIT CIRCUIT ₃₀	2 ROLLOUT MASSAGE			
5.15pm		1 LES MILLS BODYSTEP 45					
5.30pm	1 LES MILLS BODYPUMP 60	2 SPIN ₃₀	2 SPIN ₃₀	1 ZUMBA			
6.00pm	8 ZEN YOGA	8 RESTORATIVE YOGA 1 LES MILLS BODYBALANCE	2 ABT ₃₀ 8 YOGA 1 SHINE DANCE	2 YOGA FLOW			

Valid from 16 June 2025

Class Locations

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|-------------|----------------|-------------------------|----------------------|---------------------|
| 1. Studio 1 | 3. Outdoor Gym | 5. Indoor Pool | 7. Outdoor 50m- Deep | 9. Show Court 1 |
| 2. Studio 2 | 4. Creche | 6. Outdoor 50m- Shallow | 8. Swim club rooms | 10. Stadium Court 1 |