




Group Fitness Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am		2 SPIN ₃₀		1 META FIT ₃₀			
6.00am	1 LES MILLS BODYPUMP 45		1 CIRCUIT ₄₅		1 LES MILLS BODYPUMP 45 4 SUNRISE YOGA		
6.30am		3 COR ₃₀		3 COR ₃₀	2 SPIN ₃₀		
7.00am	1 CIRCUIT ₄₅		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 VINYASA YOGA			1 LES MILLS BODYPUMP 30 3 CIRCUIT ₄₅ 8 ZEN YOGA	
8.45am	2 SPIN ₃₀						
9.00am	3 SWOT BOX	8 HATHA YOGA	3 SWOT BOX		3 SWOT BOX 8 ZEN YOGA		1 LES MILLS BODYBALANCE
9.15am	1 LES MILLS BODYSTEP 30	1 LES MILLS 30 BODYATTACK 2 SPIN ₃₀	1 LES MILLS BODYSTEP 60	1 LES MILLS 60 BODYATTACK	1 LES MILLS BODYSTEP 30 2 SPIN ₃₀	1 LES MILLS BODYSTEP 45 2 ABT 30	
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			
10.25am	1 LES MILLS BODYBALANCE 2 ABT 30	1  ZUMBA	1 LES MILLS BODYBALANCE	1  ZUMBA	1 Stretch & core 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 JUNIOR POWERFIT				
4.15pm	8 VINYASA YOGA	8 RESTORATIVE YOGA	3 STUDENT POWERFIT				
5.00pm	3 STRENGTH & CONDITIONING	2 tone it up	1 HIIT 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	1 LES MILLS BODYBALANCE 8 RESTORATIVE YOGA	1 SHINE DANCE 2 ABT 30 8 YOGA	2 YOGA FLOW			

Valid from 6 October 2025

Class Locations

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