

Group Fitness Timetable

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5.45am		2 SPIN ₃₀		1 META FIT ₃₀			
6.00am	1 LES MILLS BODYSTEP ₄₅		1 CIRCUIT ₄₅		8 SUNRISE YOGA LES MILLS BODYPUMP ₄₅		
6.30am		3 COR30		3 COR30			
7.00am			2 SPIN ₃₀ 7 ZEN CHAIR YOGA	2 SPIN ₃₀ 7 ZEN CHAIR YOGA			
7.45am						1 META FIT ₃₀	
8.00am	1 BOOMERS	1 LES MILLS BODYPUMP	1 BOOMERS	1 LES MILLS BODYPUMP	1 BOOMERS	2 SPIN ₄₅	
8.15am	6 AQUA	5 AQUA 9 SENIOR CIRCUIT ₄₅	6 AQUA	5 AQUA ZUMBA 10 SENIOR CIRCUIT ₄₅	6 AQUA	6 AQUA	
8.30am						7 ZEN YOGA 1 LES MILLS BODYPUMP ₃₀ 1 CIRCUIT ₄₅	
8.45am	2 SPIN ₃₀						
9.00am	3 SWOT BOX	7 HATHA YOGA	3 SWOT BOX		7 ZEN YOGA 3 SWOT BOX		1 LES MILLS BODYBALANCE
9.15am	5 AQUA 1 LES MILLS BODYSTEP ₃₀	5 AQUA MAX 1 META FIT ₃₀ 2 SPIN ₃₀	5 AQUA 1 LES MILLS BODYSTEP	5 AQUA MAX 1 LES MILLS BODYATTACK	5 AQUA ZUMBA 1 LES MILLS BODYSTEP ₃₀ 2 SPIN ₃₀	2 BOOTY WORKOUT 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	7 ROLLOUT MASSAGE	
10.00am				7 ZEN CHAIR YOGA			
10.15am		2 BOOTY WORKOUT ₄₅		2 ABT ₃₀			
10.25am	1 LES MILLS BODYBALANCE 2 ABT ₃₀	1 ZUMBA	1 LES MILLS BODYBALANCE	1 ZUMBA	2 Stretch & Core 7 ZEN YOGA		
11.00am	1 TAI CHI FLOW	1 HEART FIT	1 TAI CHI FLOW	1 HEART FIT			
1.00pm	1 LES MILLS BODYBALANCE		7 RESTORATIVE YOGA		7 RESTORATIVE YOGA		
3.30pm			3 JUNIOR POWERFIT				
4.15pm		7 RESTORATIVE YOGA	3 STUDENT POWERFIT				
5.00pm	3 STRENGTH & CONDITIONING	2 TOPE IT UP	1 HIIT CIRCUIT ₃₀	2 ROLLOUT MASSAGE			
5.15pm		1 LES MILLS BODYSTEP ₄₅					
5.30pm	1 LES MILLS BODYPUMP	2 SPIN ₃₀	2 SPIN ₃₀	1 ZUMBA			
6.00pm	7 ZEN YOGA 6 AQUA	7 RESTORATIVE YOGA 1 LES MILLS BODYBALANCE	2 BOOTY WORKOUT ₃₀ 7 YOGA 6 AQUA 1 SHINE	2 YOGA FLOW			

Valid from January 2025

Class Locations

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|-------------|----------------|-----------------|--------------------|---------------------|
| 1. Studio 1 | 3. Outdoor Gym | 5. Outdoor Pool | 7. Swim Club Rooms | 9. Show Court 1 |
| 2. Studio 2 | 4. Gym | 6. Indoor Pool | 8. Creche | 10. Stadium Court 1 |