

GROUP EXERCISE TIMETABLE

MONDAY 23RD DECEMBER - SUNDAY 5TH JANUARY 2025



Monday 23rd December

- 7.45am - 8.45am **Pilates (Fitness)**
- 12.45pm - 1.45pm **Chair Based Exercise (A4L)**
- 5.30pm - 6.00pm **Synrgy**
- 6.00pm - 7.00pm **Circuits**
- 7.00pm - 8.00pm **Group Cycling**

Tuesday 24th - Thursday 26th December

CLOSED

Friday 27th December

- 9.00am - 9.30am **Synrgy**
- 9.30am - 10.30am **Pilates**

Saturday 28th December

- 8.30am - 9.30am **Core Strength & Balance**
- 10.00am - 11.00am **Stretch & Flex**

Sunday 29th December

- 9.30am - 10.30am **Pilates**
- 10.35am - 11.35am **Bar & Bell**

Monday 30th December

- 9.00am - 10.00am **Circuits**
- 9.30am - 10.15am **Group Cycling**
- 11.30am - 12.00pm **Synrgy**

Tuesday 31st December & Wednesday 1st January

CLOSED

Thursday 2nd January

- 10.10am - 11.10am **Leisure Badminton**
- 5.30pm - 6.15pm **Legs, Bums & Tums**
- 6.00pm - 6.30pm **Synrgy**
- 6.20pm - 7.20pm **Yoga (Hatha)**
- 7.00pm - 8.00pm **Female only gym**
- 7.30pm - 8.15pm **Les Mills Strength Development™**

Friday 3rd January

- 8.00am - 8.45am **Core Strength & Balance**
- 5.00pm - 6.00pm **Pilates**
- 6.05pm - 7.05pm **Pilates**

Saturday 4th January

- 9.00am - 10.00am **Yoga (Hatha)**



CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
COACH BY COLOUR	* NEW/UPDATED	
Although not essential, we would recommend booking to guarantee your space		

