

GROUP EXERCISE TIMETABLE

MONDAY 2ND SEPTEMBER - SUNDAY 3RD NOVEMBER 2024



Monday

7.45am – 8.45am **Pilates (Fitness)**
 12.45pm – 1.45pm **Chair Based Exercise (A4L)**
 5.30pm - 6.30pm **Yoga (Hatha)**
 5.45pm – 6.15pm **Synrgy**
 6.00pm – 7.00pm **Circuits**
 6.45pm – 7.30pm **Hoopacise**
 7.00pm – 8.00pm **Group Cycling** 🚴

Tuesday

8.15am – 9.15am **Aquafit**
 9.30am – 10.00am **Synrgy**
 1.00pm - 1.30pm **Synrgy***
 2.30pm – 3.30pm **Pilates**
 5.15pm – 6.15pm **Bar & Bell** 🚴
 6.00pm – 6.45pm **Group Cycling (Beginners)**
 6.10pm - 6.55pm **Dancergise***
 6.30pm – 7.15pm **HIIT™ (Step)***
 7.00pm – 7.45pm **Group Cycling** 🚴
 7.00pm – 7.45pm **Swimming Lessons (Improvers)**
 7.30pm - 8.15pm **Les Mills Strength Development™***
 8.00pm – 9.00pm **Aquafit**

Wednesday

7.30am – 8.00am **Synrgy**
 9.15am – 10.00am **Group Cycling** 🚴
 12.00pm – 12.30pm **Synrgy**
 1.00pm – 2.00pm **Core Strength & Balance (A4L)**
 2.30pm – 3.30pm **Circuits (Gentle)**
 5.00pm – 6.00pm **Pilates***
 6.05pm - 7.05pm **Shape & Sculpt***
 6.05pm – 6.50pm **Total Body Workout**
 7.00pm – 8.00pm **Group Cycling** 🚴

Thursday

7.00am – 8.00am **Pilates**
 9.30am – 10.00am **Synrgy**
 10.00am – 10.30am **Synrgy**
 10.10am – 11.10am **Leisure Badminton**
 11.45am – 12.45pm **Aquafit**
 1.00pm – 5.00pm **Bi-Weekly Walks**
 5.30pm – 6.15pm **Legs, Bums & Tums**
 6.00pm – 6.30pm **Synrgy**
 6.20pm – 7.20pm **Yoga (Hatha)**
 6.00pm – 7.00pm **Group Cycling**
 7.00pm – 8.00pm **Female only gym**
 7.30pm - 8.15pm **Les Mills Strength Development™***

Friday

8.00am – 8.45am **Core Strength & Balance**
 9.15am – 10.00am **Group Cycling** 🚴
 5.00pm – 6.00pm **Pilates**
 6.05pm – 7.05pm **Pilates**

Saturday

9.00am – 9.30am **Synrgy**
 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		

