

GROUP EXERCISE TIMETABLE

MONDAY 22ND JULY- SUNDAY 1ST SEPTEMBER 2024...



Monday

- 9:30am - 10:30am **Bar & Bell**
- 11:00am - 12:00pm **Yoga**
- 6:00pm - 6:45pm **Dancercise**
- 6:20pm - 7:05pm **Group Cycling**
- 7:00pm - 8:00pm **Les Mills BodyPump™**
- 7:15pm - 8:00pm **Circuits**

Tuesday

- 9:15am - 10:00am **Group Cycling**
- 9:20am - 10:20am **Les Mills BodyPump™**
- 10:30am - 11:30am **Circuits (Gentle) A4L**
- 11:45am - 12:45pm **Pilates**
- 5:45pm - 6:30pm **Group Cycling**
- 6:30pm - 7:00pm **Kettlebells**

Wednesday

- 8:15am - 9:00am **Aquafit**
- 9:15am - 10:00am **Kettlebells**
- 5:45pm - 6:45pm **Circuits**
- 5:45pm - 6:30pm **Legs, Bums & Tums**
- 7:00pm - 8:00pm **Boxercise™**

Thursday

- 7:00am - 8:00am **Adult Swimfit**
- 8:00am - 9:00am **Yoga**
- 9:10am - 9:55am **Aquafit**
- 11:00am - 12:00pm **Circuits (Gentle)**
- 12:10pm - 1:10pm **Pilates (Gentle) A4L**
- 6:00pm - 7:00pm **Les Mills BodyPump™**
- 6:15pm - 7:00pm **Group Cycling**
- 7:15pm - 8:15pm **Yoga**

Friday

- 9:15am - 10:15am **Dancercise**
- 9:30am - 10:15am **Group Cycling**
- 10:30am - 11:15am **Core & Stretch**
- 5:30pm - 6:15pm **Group Cycling**
- 6:30pm - 7:30pm **Boxercise™**

Saturday

- 8:30am - 9:30am **Bar & Bell**
- 10:00am - 10:45am **Group Cycling**

Sunday

- 9:30am - 10:15am **Group Cycling**

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		

