

GROUP EXERCISE TIMETABLE

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



Monday

7:00am - 8:00am
 9:00am - 10:00am
 9:15am - 10:15am
 10:15am - 11:15am
 5:15pm - 6:15pm
 6:15pm - 7:15pm
 6:30pm - 7:15pm

MyRide™
 Pilates
 MyRide™
 Strength & Tone
 Yoga (Power)
 MyRide™
 Pilates (Gentle) A4L

Thursday

7:00am - 8:00am
 9:10am - 9:55am
 9:15am - 10:15am
 9:15am - 10:15am
 11:40am - 12:40pm
 5:45pm - 6:45pm

MyRide™
 Aquafit
 MyRide™
 Kettlebells
 Pilates
 Bar & Bell

Tuesday

7:00am - 8:00am
 8:45am - 9:30am
 9:15am - 10:15am
 9:30am - 11:00am
 5:45pm - 6:45pm
 6:45pm - 7:45pm

MyRide™
 Aquafit
 Group Cycling
 Yoga (Hatha)
 Circuits
 Kettlebells

Friday

7:00am - 8:00am
 9:15am - 10:15am
 9:15am - 10:15am
 10:30am - 11:00am
 10:30am - 11:30am

MyRide™
 Strength & Tone
 MyRide™
 Omnia
 Strength & Mobility (Gentle)
 A4L

5:00pm - 6:00pm
 5:00pm - 6:00pm
 6:15pm - 7:00pm

Adult Swimfit
 Yoga (Yin)
 HIIT

Wednesday

7:00am - 8:00am
 7:30am - 8:30am
 8:45am - 9:30am
 9:15am - 10:15am
 9:15am - 10:15am
 10:30am - 11:30am
 10:30am - 11:00am
 5:00pm - 5:45pm
 6:15pm - 7:15pm
 6:30pm - 7:30pm

MyRide™
 Pilates
 Aquafit
 Circuits
 MyRide™
 Strength & Mobility
 Omnia
 Meditation
 MyRide™
 Les Mills BodyPump™

Saturday

9:30am - 10:30am
 10:00am - 11:00am
 10:45am - 11:45am
 12:00pm - 1:00pm

Circuits
 MyRide™
 Circuits (Gentle)
 A4L
 Senior Self
 Defence A4L

Sunday

10:00am - 11:30am
 10:00am - 11:00am

Yoga
 (Yin & Meditation)
 MyRide™

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		

