

GROUP EXERCISE TIMETABLE

MONDAY 3RD NOVEMBER - SUNDAY 21ST DECEMBER



Monday

6.30am - 7.00am	Les Mills GRIT Cardio™
8.45am - 9.45am	Tai-Chi (A4L)
9.00am - 10.00am	AquaFit
9.15am - 10.00am	Ab Blast
10.05am - 10.50am	Total Body Conditioning
10.00am - 11.00am	Aqua (Therapy) (A4L)
11.00am - 12.00pm	Les Mills BODYBLANCE™
4.25pm - 5.10pm	Les Mills Shapes™
5.00pm - 6.00pm	Easyline*
5.15pm - 6.00pm	Les Mills BODYPUMP™
5.30pm - 6.00pm	MX4
6.30pm - 7.30pm	Circuits

Tuesday

6.30am - 7.00am	Les Mills GRIT Cardio™
8.45am - 9.45am	Yoga (A4L)
10.00am - 11.00am	Easyline
11.15am - 11.45am	MX4
5.15pm - 6.00pm	Ab Blast
6.00pm - 7.00pm	Les Mills BODYBLANCE™
8.00pm - 9.00pm	Adult Swim Fit

Wednesday

6.30am - 7.00am	Les Mills GRIT Athletic™
10.00am - 10.45am	Stretch
10.50am - 11.50am	Zumba®
12.00pm - 1.00pm	Pilates
12.35pm - 1.35pm	Easyline*
5.15pm - 6.00pm	Les Mills STRENGTH DEVELOPMENT™
6.05pm - 6.35pm	HIIT
7.15pm - 8.15pm	Yoga

Thursday

6.30am - 7.00am	Les Mills GRIT Cardio™
8.00am - 8.55am	Aqua Therapy
9.15am - 10.00am	Kettlebells
10.00am - 11.00am	Easyline
11.15am - 12.00pm	Aqua Zumba®
2.10pm - 3.10pm	Gentle Keep Fit*
5.15pm - 6.00pm	Les Mills BODYPUMP™

Friday

8.15am - 9.15am	Pilates
8.30am - 9.00am	MX4
9.30am - 10.30am	Zumba®
6.00pm - 7.00pm	Circuits

Saturday

8.30am - 9.15am	Les Mills BODYPUMP/GRIT™
9.30am - 10.00am	MX4
10.00am - 11.00am	Gentle Keep Fit*

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		

