



GROUP FITNESS TIMETABLE

As of 28 October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am BODYPUMP 45 MINS (S1)	6:00am BODYSTEP 45 MINS (S1)	9:30am AQUA 60 MINS (IP)	6:00am BODYPUMP 45 MINS (S1)	6:00am BOXING 45 MINS (S1)	8:30am BODYPUMP 60 MINS (S1)	9:15am BODYPUMP 60 MINS (S1)
9:30am AQUA 60 MINS (IP)	9:05am BODYPUMP 60 MINS (S1)	9:30am ZUMBA 60 MINS (S1)	9:30am AQUA HIIT 60 MINS (IP)	9:30am BODYPUMP 60 MINS (S1)	9:30am BODY COMBAT 60 MINS (S1)	9:30am AQUA HIIT 60 MINS (IP)
9:30am AEROBICS 60 MINS (S1)	9:30am AQUA 60 MINS (IP)	10:45am ABS, BUTT & THIGHS 45 MINS (S1)	9:30am AEROBICS 60 MINS (S1)	9:30am AQUA 60 MINS (IP)	9:30am AQUA 60 MINS (IP)	10:30am YOGA 60 MINS (S1)
10:45am FUNCTIONAL TRAINING 45 MINS (S1)	10:30am YOGA 60 MINS (S1)	1:30pm YOUNG AT HEART 45 MINS (IP)	10:30am YOGA 60 MINS (S1)	10:30am YOGA 60 MINS (S1)	10:45am FUNCTIONAL TRAINING 45 MINS (S1)	
1:30pm YOUNG AT HEART 45 MINS (S1)	5:00pm FUNCTIONAL TRAINING 45 MINS (S1)	5:30pm BODYPUMP EXPRESS 30 MINS (S1)	5:30pm BODYSTEP 45 MINS (S1)	11:30am CHAIR YOGA 45 MINS (S1)		
5:30pm BOXING 45 MINS (S1)	6:00pm BODY COMBAT 60 MINS (S1)	6:00pm RPM 45 MINS (S2)	6:30pm BODYPUMP 60 MINS (S1)	1:30pm YOUNG AT HEART 45 MINS (S1)		
6:00pm RPM 45 MINS (S2)	7:00pm AQUA DEEP 45 MINS (IP)	6:00pm MOBILITY & STRETCH 45 MINS (S1)	7:00pm AQUA DEEP 45 MINS (IP)	5:30pm RPM 45 MINS (S1)		
6:30pm ZUMBA 60 MINS (S1)	7:00pm YOGA 60 MINS (S1)	7:00pm ZUMBA 60 MINS (S1)		7:00pm AQUA 60 MINS (IP)		
7:00pm AQUA 60 MINS (IP)		7:00pm AQUA 60 MINS (IP)				

S1: STUDIO 1
S2: STUDIO 2
IP: INDOOR POOL
OP: OUTDOOR POOL
(SUBJECT TO WEATHER)



CLASS DESCRIPTIONS

ABBS, BUTT AND THIGHS	A targeted workout focused on strengthening and toning the core, glutes, and thighs for a powerful lower body and core.
AEROBICS	Choreographed exercises to music offering a total-body workout.
AQUA	Moderate intensity workout, suitable for all levels and ages. Uses water resistance to increase strength, endurance and flexibility.
AQUA DEEP	A water-based exercise class held in the deep end of the pool, designed to strengthen core muscles. Floatation belt provided.
AQUA HIIT	High intensity interval training Aqua class, incorporating training and cardio exercises, suitable for all fitness levels.
BODY COMBAT	Aerobic training programming that combines energetic moves and stances developed from self-defence disciplines.
BODYPUMP	A group barbell program that challenges every major muscle in your body.
BOXING	A boxing fitness class using heavy bags or pads, combined with a toing cardio workout – great for all levels of fitness.
CHAIR YOGA	A gentle, seated practice designed to improve flexibility, strength, and relaxation, ideal for those with injuries or health concerns.
FUNCTIONAL TRAINING	Train your body with everyday life and multi-joint movements.
MOBILITY & STRETCH	Static and dynamic stretching to improve your flexibility and stability.
ON THE BALL	A fitball training class that works core muscles, including the abdominals, back, butt and thighs.
RPM	Indoor cycle class based on outdoor riding.
YOGA	A mindful practice combining breath, movement, and balance to improve strength, flexibility, and relaxation.
YOUNG AT HEART	For over 50's, this features low impact exercise with a focus on fun and socialising through fitness.
ZUMBA	Sweat it out with this no-work workout featuring fun dance moves.