



FITNESS CLASS TIMETABLE

AM

Monday

Tuesday

Wednesday

Thursday

9:30 - 10:30
Low Impact

9:30 - 10:30
Functional
Movement

7:00 - 7:30
Circuits

9:30 - 10:30
Mobility

11:00 - 12:00
Women's
strength

10:30 - 11:30
Mindful
Movement

9:30 - 10:30
Low Impact

10:45 - 11:15
Suspension

PM

17:30 - 18:15
Circuits

18:00 - 18:45
Core
Conditioning

16:15 - 17:15
Junior Gym

18:10 - 19:10
Zumba

18:15 - 19:00
Pump & Tone

18:00 - 18:45
Boxfit

19:30 - 20:30
Pilates

19:15 - 20:15
Yoga

18:55 - 19:40
Kettlebells

19:00 - 19:45
Suspension &
Bodyweight

Friday

Saturday

Sunday

AM

9:30 - 10:30
Balance &
Flexibility

9:30 - 10:30
HIIT/ Bootcamp
(seasonal
variations)

10:15 - 11:00
Mind & Motion

10:30 - 11:30
Zumba

10:45 - 11:45
Women's Strength

PM

12:30 - 13:30
Pilates

17:30 - 18:00
HIIT Circuits

Book onto classes through the Members' Area
Gym Classes are included in gym membership