

# GROUP EXERCISE TIMETABLE

<b>MONDAY</b>	06:45 - 07:30	Indoor Cycling
	08:45 - 09:30	Aqua Fit
	09:30 - 10:15	Bodypump™
	09:45 - 10:30	Aqua Fit
	10:00 - 10:45	Indoor Cycling
	10:30 - 11:15	Legs Bums And Tums
	11:30 - 13:00	Yoga
	18:15 - 19:10	Bodypump™
	18:30 - 19:15	Indoor Cycling
	19:15 - 20:10	Body Combat™
	20:15 - 21:15	Yoga
	20:15 - 21:00	Indoor Cycling
<b>TUESDAY</b>	06:45 - 07:30	Indoor Cycling
	09:15 - 10:30	Indoor Cycling
	09:30 - 10:30	20-20-20
	09:35 - 10:20	Aqua Fit
	10:35 - 11:30	Legs Bums And Tums
	11:45 - 12:30	Pilates
	18:15 - 19:00	Indoor Cycling
	18:15 - 19:00	Tabata
	19:10 - 19:55	Aqua Fit
	19:10 - 19:55	Abs/Core
	20:00 - 20:45	Indoor Cycling
	20:00 - 21:00	Pilates
<b>WEDNESDAY</b>	09:15 - 10:30	Indoor Cycling
	09:30 - 10:25	Body Combat™
	10:30 - 11:15	Abs/Core
	11:30 - 12:30	50+ Aerobics
	13:00 - 14:00	STH Stretch Class
	18:15 - 19:15	Boxercise
	18:30 - 19:15	Kettlebells
	19:10 - 19:55	Aqua Fit
	19:30 - 20:15	Body Conditioning
	19:30 - 20:15	Indoor Cycling
<b>THURSDAY</b>	09:15 - 10:30	Indoor Cycling
	09:30 - 10:25	Bodypump™
	10:30 - 11:15	Body Conditioning
	11:30 - 13:00	Yoga
	18:15 - 19:10	Body Combat™
	18:30 - 19:15	Indoor Cycling
	19:15 - 20:00	Bodypump™
	20:15 - 21:00	Yoga
<b>FRIDAY</b>	06:45 - 07:30	Indoor Cycling
	09:15 - 10:30	Indoor Cycling
	09:30 - 10:30	20-20-20
	10:35 - 11:30	Zumba®
	11:45 - 12:45	Pilates
	13:00 - 14:00	Zumba® Gold
<b>SATURDAY</b>	08:15 - 09:00	Indoor Cycling
	09:15 - 10:15	Indoor Cycling
	09:15 - 10:15	Circuit Training
	10:30 - 11:30	Bodypump™
	11:35 - 12:30	Legs Bums And Tums
<b>SUNDAY</b>	08:40 - 09:25	Aqua Fit
	09:30 - 10:30	20-20-20
	10:35 - 11:30	Legs Bums And Tums
	11:30 - 12:15	Indoor Cycling

- ❖ Class timetable is subject to change
- ❖ Please book in advance to avoid disappointment
- ❖ Over 16's only