

FITNESS CLASS TIMETABLE

Monday

Gym Circuits

9:45am - 10:30am Fitness Suite

AquaFit

10:55am - 11:30am Main Pool

Pilates

12:30pm - 1:30pm Multi Use Hall

Boxercise

6:10pm - 6:55pm Multi Use Hall

AquaCircuits

6:20pm - 7:00pm Learner Pool

WL Zumba

7:00pm - 7:45pm Main Hall

Kettlebells

7:00pm - 7:45pm *Deer Park*

Studio Cycling

7:05pm - 7:50pm Multi Use Hall

Bootcamp

7:10pm - 7:55pm Sportshall

AquaCircuits

7:15pm - 8:00pm Learner Pool

Pilates

8:00pm - 9:00pm Multi Use Hall

Pilates

8:00pm - 8:45pm *Deer Park*

Tuesday

Aqua Therapy

3:00pm - 3:45pm Main Pool

Studio Cycling

6:00pm - 6:45pm Multi Use Hall

Legs, Bums & Tums

6:15pm - 7:00pm Sports Hall

BodyBlast

7:05pm - 7:50pm Multi Use Hall

Pilates

8:00pm - 9:00pm Multi Use Hall

Wednesday

Circuits

6:30am - 7:00am Multi Use Hall

Pilates

5:00pm - 5:45pm Multi Use Hall

Studio Cycling

6:00pm - 6:45pm Multi Use Hall

Strong Nation

6:00pm - 6:45pm *Deer Park*

Boxercise

7:00pm - 7:45pm Multi Use Hall

Zumba

7:00pm - 7:45pm *Deer Park*

Studio Resistance

8:00pm - 8:55pm Multi Use Hall

Thursday

Stretch & Tone

8:00am - 8:45am Multi Use Hall

Gym Circuits

9:10am - 9:55am Fitness Suite

Pilates

5:00pm - 5:45pm Multi Use Hall

Legs, Bums & Tums

6:00pm - 6:45pm Sports Hall

Studio Resistance

6:00pm - 6:55pm Multi Use Hall

Vinyasa Flow Yoga

6:15pm - 7:00pm *Deer Park*

HIIT

7:00pm - 7:45pm Multi Use Hall

AquaFit

7:00pm - 7:45pm Main Pool

Clubbercise

7:10pm - 7:55pm *Deer Park*

Studio Cycling

8:00pm - 8:45pm Multi Use Hall

Circuits

8:05pm - 8:50pm *Deer Park*

Friday

Pilates

7:30am - 8:15am Multi Use Hall

Stretch & Tone

6:15pm - 7:00pm Multi Use Hall

BodyBlast

7:15pm - 8:00pm Multi Use Hall

Saturday

Studio Cycling

7:30am - 8:15am Multi Use Hall

Circuits

8:30am - 9:15am Multi Use Hall

Legs, Bums & Tums

9:30am - 10:15am Multi Use Hall

Vinyasa Flow Yoga

10:15am - 11:00am *Deer Park*