

Group fitness Timetable

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:00am	BODYPUMP 30min	BODYCOMBAT 30min	BODYPUMP 30min	BODYCOMBAT 30min	BODYATTACK 30min		
5:30am	BODYATTACK 30min	BODYPUMP 5:35am 30min	BODYATTACK 30min	CORE 15min	BODYPUMP 30min		
6:00am	SPIN 45min LIVE Lynley		SPIN 45min LIVE Susie		SPIN 45min LIVE Lynley		
6:50am	BODYPUMP 45min	6:15am SHAPES 45min LIVE Anthea	BODYCOMBAT 45min	BODYPUMP 5:55am 30min	BODYATTACK 45min		
7:15am	BODYPUMP 45min	BODYCOMBAT 45min	BODYBALANCE 45min	BODYPUMP 45min	BODYCOMBAT 45min	BODYPUMP 8:00am 45min	BODYPUMP 7:00am 60min
9:00am	BODYBALANCE 50min LIVE Christine			BODYBALANCE 60min LIVE Christine		8:00am SPIN 45min LIVE Mayra	BODYCOMBAT 8:15am 45min
9:15am	SPIN 45min LIVE Lynley	BODYPUMP 50min LIVE Mayra	SHAPES 45min LIVE Christine	SPIN 45min LIVE Lynley	BODYPUMP 60min LIVE June	9:00am YOGA 75min LIVE Tina	BODYBALANCE 60min
10:15am	10:00am SHAPES 45min LIVE Mayra	PILATES 45min LIVE Mayra	YOGA 60min LIVE Elena	BODYCOMBAT 45min	10:20am CORE 45min	BODYPUMP 10:30am 45min	BODYPUMP 10:30am 45min
11:15am	11:00am YOGA 60min LIVE Christine	USE IT 45min LIVE Jo		USE IT 45min LIVE Jo	PILATES 45min LIVE Mayra	CORE 45min	CORE 30min
12:15pm	BODYPUMP 45min	BODYBALANCE 60min LIVE Anthea	SHAPES 45min LIVE Mayra	BODYPUMP 30min	YOGA 60min LIVE Elena	BODYBALANCE 60min	BODYPUMP 60min
1:00pm	1:05pm CORE 45min		BODYPUMP 1:15pm 45min	BODYBALANCE 12:45pm 45min		BODYPUMP 1:20pm 60min	
1:30pm				CORE 30min	BODYCOMBAT 60min		
2:30pm			BODYBALANCE 45min				BODYBALANCE 60min
3:30pm	BODYCOMBAT 45min	BODYPUMP 45min	BODYCOMBAT 45min	BODYPUMP 45min	BODYBALANCE 45min		BODYPUMP 60min
4:30pm	BODYBALANCE 45min	CORE 45min	BODYBALANCE 45min	CORE 45min	BODYPUMP 45min	BODYBALANCE 60min	4:45pm CORE 30min
5:30pm	BODYPUMP 50min LIVE Katie	SPIN 45min LIVE Anthea	BODYPUMP 45min LIVE Tracy	SPIN 45min LIVE Susie	BODYBALANCE 60min		
6:30pm	6:35pm YOGA 60min LIVE Christine	6pm YIN YOGA 60min LIVE Elena	6:25pm YOGA 60min LIVE Linda	5:30pm SHAPES 45min LIVE Tracy	BODYBALANCE 45min		
7:15pm		BODYBALANCE 60min					



Please note classes & instructors may change due to demand & availability.
Current from 15.09.25.