

STAFFED HOURS

 Monday – Thursday 5am–8pm; Friday 5am–7pm;
 Saturday 7am–3pm; Sunday 8am–3pm

GROUP FITNESS TIMETABLE
EFFECTIVE 9 AUGUST 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30 am		SPIN 35	METAFIT	JFIT	SPIN 35		
5.30 am	HOT YOGA	HOT PILATES	HOT YOGA	HOT PILATES			
7.00 am						METAFIT™	
7.30 am						SPIN 45	
7.45 am						LES MILLS BODYSTEP™	
8.00 am			AQUA				
8.15 am							SPIN 35
8.30 am	LES MILLS BODYPUMP™	MAT PILATES	LES MILLS BODYSTEP™	LES MILLS BODYCOMBAT™	LES MILLS BODYPUMP™	AQUA	LES MILLS BODYCOMBAT™
9.00 am				SPIN 45			HOT YOGA
9.00 am					BARRE	LES MILLS BODYPUMP™	
9.00 am	AQUA	LES MILLS CORE™		AQUA	AQUA	VINYASA YOGA	AQUA HIIT
9.30 am	POWER YOGA	POWER YOGA	SPIN 45		SPIN 45		LES MILLS BODYPUMP™
9.30 am	SPIN 35	AQUA					
9.40 am	LES MILLS BODYCOMBAT™	LES MILLS BODYSTEP™	LES MILLS BODYPUMP™	LES MILLS BODYBALANCE™	LES MILLS BODYCOMBAT™		
10.10 am					STRETCH	LES MILLS BODYBALANCE™	
10.15 am						SWIM SQUAD	
10.30 am	YIN YOGA	STRETCH	HOT YOGA	YIN YOGA			
10.40 am							LES MILLS BODYBALANCE™

5.00 pm					SPIN 35		
5.15 pm	METAFIT™	LES MILLS CORE™	LES MILLS BODYPUMP™	LES MILLS CORE™			
5.30 pm		VINYASA YOGA	SPIN 35	HATHA YOGA	YIN YOGA		
6.00 pm	LES MILLS BODYPUMP™	LES MILLS BODYSTEP™					
6.00 pm	SPIN 35						
6.00 pm	AQUA HIIT		AQUA HIIT	FITBOX			
6.15 pm			MAT PILATES				
6.30 pm		HOT PILATES					
7.00 pm	YOGA	ZUMBA		ZUMBA			

KEY

Group X

Mind Body

Spin Studio

Pool