

STAFFED HOURS

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

GROUP FITNESS TIMETABLE
EFFECTIVE 1 APRIL 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			
6.30 am					6.15am YOGA		
7.00 am						METAFIT™	
7.30 am						SPIN 45	
7.45 am						LES MILLS BODYSTEP™	
8.00 am			AQUA			BARRE	
8.15 am							SPIN 35
8.30 am	LES MILLS BODYPUMP™	MAT PILATES	LES MILLS BODYSTEP™		LES MILLS BODYPUMP™	AQUA	LES MILLS BODYCOMBAT™
9.00 am				SPIN 45			HOT YOGA
9.00 am				LES MILLS BODYCOMBAT™ 30	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	MAT PILATES			
10.40 am							LES MILLS BODYBALANCE™

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

KEY

Group X	Mind Body	Spin Studio	Pool
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