

## STAFFED HOURS

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

## GROUP FITNESS TIMETABLE

EFFECTIVE 1 MARCH 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30 am		SPIN 35	METAFIT	JF45	SPIN 35		
5.30 am	HOT YOGA	HOT PILATES	HOT YOGA	HOT PILATES			
6.30 am					6.15am YOGA	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 35			
9.00 am				LES MILLS BODYCOMBAT™ 30	BARRE	LES MILLS BODYPUMP™	
9.00 am	AQUA	LES MILLS CXWORX™		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™	
10.30 am	YIN YOGA	STRETCH	YOGALATES	MAT PILATES			
10.40 am							LES MILLS BODYBALANCE™

5.00 pm					SPIN 35		
5.15 pm	METAFIT™	LES MILLS CXWORX™	LES MILLS BODYPUMP™	LES MILLS CXWORX™			
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		BARRE				
6.00 pm	AQUA HIIT	AQUA	AQUA HIIT	FITBOX			
6.15 pm			POUND				
7.00 pm	YOGA	ZUMBA	MAT PILATES	ZUMBA			

### KEY

Group X	Mind Body	Spin Studio	Pool
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