

**STAFFED HOURS**

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

**GROUP FITNESS TIMETABLE**
**EFFECTIVE 5 OCTOBER 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			
6.15 am					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 45
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	AQUA	POUND				
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