

Group Fitness Timetable

Studio One		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	HIIT Stamina		HIIT Rate				
	8:30am	Low Impact		Low Impact (8:45am)	Les Mills Core (8:45am)	Low Impact	Body Pump	
	9:30am	Body Pump		HIIT Fusion	Les Mills Dance	Body Pump	Body Balance	Chair Low Impact
	10:30am	Les Mills Dance	Body Balance	Cardio and Strength	Strength & Conditioning		Body Combat	
	12:30pm		Zumba			Chair Fitness		
	3:30pm							Body Step
	5:30pm	Body Pump	Les Mills Core	Body Combat	Body Balance	Les Mills Dance		Body Pump (4:30pm) Body Balance
	6:15pm		Box Fit					
	6:30pm	Les Mills Dance		Body Pump				

Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30am	Aqua		Aqua		Aqua		
	8:00am		Aqua		Aqua		Aqua	Aqua
	9:45am	Aqua		Aqua		Aqua		
	12:00pm	Aqua	Aqua		Aqua	Aqua		
	4:00pm						Aqua	Aqua
	7:00pm	Aqua	Aqua	Aqua	Aqua	Aqua		Aqua (5:00 pm)

Cycle Studio		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am		RPM			RPM		
	8:00am						Sprint	
	9:00am						RPM	
	9:30am				RPM			
	6:00pm	RPM	RPM (6:15pm)	Sprint	RPM			