

Group Fitness Timetable from 9 September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.10am BodyPump* 45min	6.10am Strength Development** 45min	6.10am BodyPump* 30min	6.10am Strength Development* 45min	6.10am Core 30min		
		6.40am Core 30min	8.00am Pilates 45min	7.00am Slow Flow Yoga 60min	8.05am BODYCOMBAT* 55min	
9.05am Dynamic Yoga 45min	9.05am Pilates 45min	9.05am GRIT* 30min	9.05am Shapes 45min	9.15am BodyPump* 45min	910am BodyPump* 60min	9.00am Dynamic Yoga 60min
10.00am BodyPump* 30min	10.00am BodyPump* 45min	9.45am Strength Development* 45min	10.00am BodyPump* 30min	10.15am Shapes 45min	10.15am Core 30min	
10.35am Core 30min		10.35am Pilates Express 30min	10.35am Core 30min		10.55am Yoga Stretch 60min	10.15am Strength Development* 45min
11.15am Alpine Stretch 45min		11.15am Alpine Stretch 45min	11.15am Dynamic Yoga 55min	11.15am Yoga Stretch 60min		
12.30pm Strength Development* 45min	12.30pm Yoga Stretch 55min		12.30pm Circuit Starter 45min	12.30pm Strength Development* 45min		
5.10pm GRIT* 30min	5.10pm Core 30min	5.10pm BodyPump* 45min	5.10pm Strength Development* 45min			
5.45pm BodyPump* 30min	5.45pm Strength Development* 45min	6.00pm Shapes 45min	6.00pm BodyPump* 30min	5.45pm BodyPump* 60min		6.00pm Yoga Stretch 60min
6.20pm Core 30min	6.45pm Dynamic Yoga 55min		6.35pm Core 30min			
7.00pm Alpine Stretch 45min		7.00pm Slow Flow Yoga 60min	7.15pm Dynamic Yoga 60min			

* Not available as TeenFit class

Cycle Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.10am RPM 45min	6.10am SPRINT 45min	6.10am RPM 45min			
6.45am SPRINT 30min	7.10am SPRINT 30min		7.10am SPRINT 30min	6.45am SPRINT 30min	8.15am SPRINT 30min	
9.15am RPM 45min	9.15am SPRINT 30min	9.15am RPM 45min	9.15am SPRINT 30min	9.15am RPM 45min	9.00am RPM 60 60min	9.15am RPM 45min
6.10pm RPM 45min		6.10pm SPRINT 30min				

Key: Alpine Classes Les Mills Classes Les Mills SPRINT classes Yoga Classes Latest changes