

Group Exercise Timetable - 2026

MONDAY			TUESDAY			WEDNESDAY		
07:00 - 07:45	Circuits	SH 1	07:00 - 07:50	Pump	SH 1	07:00 - 07:45	Circuits	SH 1
10:45 - 11:45	Yoga	Func	10:30 - 11:15	Indoor Cycling	Spin	10:45 - 11:45	Pilates	Func
12:00 - 13:00	Yoga	Func	11:45 - 12:45	Pilates	Func	18:30 - 19:15	Indoor Cycling	Spin
18:30 - 19:15	Indoor Cycling	Spin	13:00 - 14:00	Pilates	Func	18:45 - 19:45	Pilates	Func
18:45 - 19:30	Zumba	Func	18:50 - 19:50	Fitsteps	Func	19:00 - 20:00	Body Combat	Dan
19:00 - 20:00	Barre	Dan	19:00 - 20:00	Circuits	SH 2	19:30 - 20:30	Kettlecise	SH 1
19:35 - 20:15	Body Balance	Func	18:45 - 19:45	Body Pump	SH1			
20:00 - 21:00	Barre	Dan	19:50 - 20:45	Pilates	Func			
			20:00 - 21:00	Body Pump	Spin			
THURSDAY			FRIDAY			SATURDAY		
07:00 - 07:45	Mobility & Strength	SH 1	07:00 - 07:45	Circuits	SH 1	07:45 - 08:45	Circuits	SH 2
11:00 - 11:45	Pilates	Func	10:00 - 10:45	Indoor Cycling	Spin	SUNDAY		
12:15 - 13:00	Aqua	Pool	11:00 - 11:30	Core Blast	Func	10:00 - 10:45	Indoor Cycling	Spin
18:45 - 19:30	Zumba	Func	11:45 - 12:45	Yoga	Func			
18:45 - 19:30	Circuits	SH 2	13:00 - 14:00	Yoga	Func			
18:45 - 19:30	Body Combat	Spin	18:45 - 19:45	Yoga	Func			
19:45 - 20:45	Body Pump	Spin						

Indoor Cycling
Weights Workout
Aerobic / Dance

Holistic
High Intensity Training

Sports Hall 1	SH 1
Sports Hall 2	SH 2
Dance Studio	Dan
Function Room	Func
Spin Studio	Spin

