

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			
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	11:45 - 12:45	Yoga	Func	10:00 - 10:45	Indoor Cycling	Spin
18:45 - 19:30	Zumba	Func	13:00 - 14:00	Yoga	Func			
18:45 - 19:30	Circuits	SH 2	18:45 - 19:45	Yoga	Func			
18:45 - 19:30	Body Combat	Spin						
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

