

Group Exercise Timetable - 2026

MONDAY		
07:00 - 07:45	Circuits	SH 1
10:45 - 11:45	Yoga	Func
12:00 - 13:00	Yoga	Func
18:30 - 19:15	Indoor Cycling	Spin
18:45 - 19:30	Zumba	Func
19:00 - 20:00	Barre	Dan
19:35 - 20:15	Body Balance	Func
20:00 - 21:00	Barre	Dan

THURSDAY		
07:00 - 07:45	Mobility & Strength	SH 1
11:00 - 11:45	Pilates	Func
12:15 - 13:00	Aqua	Pool
18:45 - 19:30	Zumba	Func
18:45 - 19:30	Circuits	SH 2
18:45 - 19:30	Body Combat	Spin
19:45 - 20:45	Body Pump	Spin

TUESDAY		
07:00 - 07:50	Pump	SH 1
10:30 - 11:15	Indoor Cycling	Spin
11:45 - 12:45	Pilates	Func
13:00 - 14:00	Pilates	Func
18:50 - 19:50	Fitsteps	Func
19:00 - 20:00	Circuits	SH 2
19:00 - 20:00	Body Pump	SH1
19:50 - 20:45	Pilates	Func

FRIDAY		
07:00 - 07:45	Circuits	SH 1
10:00 - 10:45	Indoor Cycling	Spin
11:45 - 12:45	Yoga	Func
13:00 - 14:00	Yoga	Func
18:45 - 19:45	Yoga	Func

WEDNESDAY		
07:00 - 07:45	Circuits	SH 1
10:45 - 11:45	Pilates	Func
18:30 - 19:15	Indoor Cycling	Spin
18:45 - 19:45	Pilates	Func
19:00 - 20:00	Body Combat	Dan
19:30 - 20:30	Kettlecise	SH 1

SATURDAY		
07:45 - 08:45	Circuits	SH 2
SUNDAY		
10:00 - 10:45	Indoor Cycling	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

