

Group Exercise Timetable - 2025

MONDAY			TUESDAY			WEDNESDAY		
07:00 - 07:45	Circuits	SH 1	07:00 - 07:45	Legs Bums and Tums	SH 1	07:00 - 07:45	Circuits	SH 1
07:15 - 07:45	Virtual Yoga	Spin	07:15 - 07:45	Virtual Cycling	Spin	10:45 - 11:45	Pilates	Func
10:45 - 11:45	Yoga	Func	10:30 - 11:15	Indoor Cycling	Spin	18:30 - 19:15	Indoor Cycling	Spin
12:00 - 13:00	Yoga	Func	13:00 - 14:00	Pilates	Func	18:45 - 19:45	Pilates	Func
18:30 - 19:15	Indoor Cycling	Spin	18:45 - 19:45	Fitsteps	Func	19:00 - 20:00	Body Combat	Dan
18:45 - 19:30	Zumba	Func	19:00 - 20:00	Circuits	SPH2	19:30 - 20:30	Kettlecise	SH1
19:30 - 20:15	Body Balance	Func	19:00 - 20:00	Body Pump	SH1			
			19:45 - 20:45	Pilates	Func			
THURSDAY			FRIDAY			SATURDAY		
07:00 - 07:45	Core Stability	SH 1	07:00 - 07:45	Circuits	SH 1	07:45 - 08:45	Circuits	SH 1
11:00 - 11:45	Pilates	Func	11:00 - 11:30	Core Blast	Spin	14:00 - 14:30	Virtual Yoga	Spin
12:00 - 12:45	Indoor Cycling	Spin	11:45 - 12:45	Yoga	Func			
12:15 - 13:00	Aqua	Pool	13:00 - 14:00	Yoga	Func	SUNDAY		
18:45 - 19:30	Zumba	Func	18:45 - 19:45	Yoga	Func	10:00 - 10:45	Indoor Cycling	Spin
18:45 - 19:30	Body Combat	Spin				14:00 - 14:30	Virtual Yoga	Spin
18:45 - 19:30	Circuits	SH 2						
19:45 - 20:45	Body Pump	Spin						

Indoor Cycling

Holistic

Sports hall 1 SH1

Weights Workout

High Intensity Training

Sports hall 2 SH2

Aerobic / Dance

Virtual class

Squash Courts Squ

Function Room Func

Spin Studio Spin



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