

Group Exercise Timetable

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
19:30 - 20:15	Body Balance	Func

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
19:00 - 19:45	Body Combat	Dan
19:45 - 20:45	Body Pump	Spin

TUESDAY

07:15 - 08:00	Pump	SH 1
10:30 - 11:15	Indoor Cycling	Spin
13:00 - 14:00	Pilates	Func
18:45 - 19:45	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
11:00 - 11:30	Core Blast	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
19:30 - 20:30	Kettlecise	SH 1
20:00 - 21:00	Body Combat	Dan

SATURDAY

07:45 - 08:45	Circuits	SH 1
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SUNDAY

10:00 - 10:45	Indoor Cycling	Spin
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Indoor Cycling

Holistic

Sports hall 1 SH 1

Weights Workout

High Intensity Training

Sports hall 2 SH 2

Dance studio Dan

Aerobic / Dance

Function Room Func

Spin Studio Spin



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HEALTH
& FITNESS
CENTRE