

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
19:30-20:15	Body Balance	Func

THURSDAY

07:00-07:45	Core Conditioning	SH 1
11:00-11:45	Pilates	Func
12:00-12:45	Indoor Cycling	Spin
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

07:00-07:45	Leg Blast	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
19:45-20:45	Pilates	Func

FRIDAY

07:00-07:45	Circuits	SH 1
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
19:00-20:00	Body Combat	Dan
19:30-20:30	Kettlecise	SH 1

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

Weights Workout

Aerobic / Dance

Holistic

High Intensity Training

Sports hall 1

Sports hall 2

Dance studio

Function Room

Spin Studio

SH 1

SH 2

Dan

Func

Spin



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& FITNESS
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