

Group Exercise Timetable

Monday 9th January - Sunday 28th May 2023

MONDAY			TUESDAY			WEDNESDAY		
07:00-07:45	HIIT	SH 1	07:00-07:45	Legs Bums and Tums	SH 1	07:00-07:45	HIIT	SH 1
11:45-12:45	Yoga	Func	10:30-11:15	Indoor Cycling	Spin	10:45-11:45	Pilates	Func
18:30-19:15	Indoor Cycling	Spin	13:00-14:00	Pilates	Func	18:30-19:15	Indoor Cycling	Spin
18:45-19:30	Zumba	Func	18:45-19:45	Fitsteps	SH 1	18:45-19:45	Pilates	Func
19:30-20:15	Body Balance	Func	19:00-20:00	Circuits	SH 2	19:30-20:30	Kettlecise	SH1
19:30-20:30	Body Combat	Danc	19:15-20:15	Body Pump	Spin	SATURDAY		
THURSDAY			FRIDAY			08:00-09:00		
07:00-07:45	Core Stability	SH 1	07:00-07:45	HIIT	SH 1	SUNDAY		
12:00-12:45	Indoor Cycling	Spin	13:00-14:00	Yoga	Func	10:00-10:45		
12:15-13:00	Aqua	Pool	18:45-19:45	Yoga	Func	Indoor Cycling		
18:45-19:45	Body Balance	Func				Spin		
18:45-19:30	HIIT	SH 2						
19:45-20:45	Body Pump	Spin						

Indoor Cycling

Holistic

Weights Workout

High Intensity Training

Aerobic / Dance

Sports hall 1 SH1
 Sports hall 2 SH2
 Squash Courts Squ
 Function Room Func
 Spin Studio Spin

