

Group Exercise Timetable 2024

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
10:45-11:45	Yoga	Func	10:30-11:15	Indoor Cycling	Spin	10:45-11:45	Pilates	Func
12:00-13:00	Yoga	Func	13:00-14:00	Pilates	Func	18:30-19:15	Indoor Cycling	Spin
18:30-19:15	Indoor Cycling	Spin	18:45 - 19:45	Fitsteps	SH1	18:45-19:45	Pilates	Func
18:45-19:30	Zumba	Func	19:00-20:00	Circuits	SH2	19:30-20:30	Kettlecise	SH1
19:30-20:15	Body Balance	Func	19:15 - 20:15	Body Pump	Spin	19:00-20:00	Body Combat	Danc
THURSDAY			FRIDAY			SATURDAY		
07:00-07:45	Core Stability	SH 1	07:00-07:45	HIIT	SH 1	07:45-08:45	Circuits	SH 1
12:00-12:45	Indoor Cycling	Spin	11:45 - 12:45	Yoga	Func	SUNDAY		
12:15-13:00	Aqua	Pool	13:00-14:00	Yoga	Func	10:00-10:45	Indoor Cycling	Spin
18:45-19:45	Body Balance	Func	18:45-19:45	Yoga	Func			
18:45-19:30	Body Combat	Spin						
18:45-19:30	HITT	SH 1						
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

