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Health & Fitness Clubs

Class Timetable 2025

Monday

TIME	CLASS
06:30-07:00	Group Cycle
10:15-11:00	Freestyle Dance
10:45-11:15	Aqua Aerobics
11:30-12:00	Aqua Aerobics
11:30-12:30	Reformer
13:00-14:00	Reformer
16:00-17:00	Reformer
16:30-17:30	Body Combat
17:30-18:30	Reformer
17:30-18:00	Tabata
17:45-18:30	RPM
18:00-18:30	Core
18:45-19:15	HIITStep
18:45-19:15	Aqua Aerobics
19:30-20:15	Body Pump
19:30-20:15	
19:30-20:15	

Tuesday

TIME	CLASS
06:30-07:30	Reformer
06:30-07:00	HIITStep
09:15-10:15	Reformer
09:30-10:15	Broadway Boogie
09:30-10:15	Group Cycle
10:30-11:30	Body Pump
10:30-11:30	Reformer
11:30-12:15	Stretch & Mobilise
11:30-12:00	Aqua Aerobics
17:00-17:30	Les Mills Grit
17:30-18:00	Reformer
17:45-18:15	HIITStep
17:45-18:30	Group Cycle
18:30-19:30	Body Attack
18:30-19:30	Reformer
19:00-19:45	Group Cycle
19:30-20:20	Body Pump

Wednesday

TIME	CLASS
06:15-07:00	Reformer
09:15-10:00	Group Cycle
09:30-10:15	Zumba
10:30-11:15	Yoga
11:30-12:00	Aqua Aerobics
11:30-12:00	Reformer
12:30-13:30	Wellbeing Workout
16:30-17:30	Body Pump
17:30-18:30	Body Combat
17:45-18:45	Reformer
17:45-18:30	Group Cycle
18:30-19:30	Body Balance

CARDIO

STRENGTH & CONDITIONING

HOLISTIC & WELLBEING

POOL TRAINING

Thursday

TIME	CLASS
06:30-07:30	Reformer
06:30-07:00	HIITStep
09:15-10:00	Freestyle Dance
09:30-10:15	Group Cycle
10:30-11:15	Body Pump
11:30-12:30	Reformer
17:00-17:30	HIIT Circuit
17:30-18:15	Group Cycle
17:30-18:30	Body Pump
17:45-18:45	Reformer
18:30-19:30	Aqua Aerobics
18:30-19:00	Body Step

Friday

TIME	CLASS
06:45-07:15	RPM
09:00-10:00	Body Pump
09:15-10:15	Reformer
10:30-11:15	Body Balance
11:30-12:00	Aqua Aerobics
15:30-16:30	Intro to Kettlebells
16:30-17:30	Body Pump
17:30-18:30	Zumba

Saturday

TIME	CLASS
08:30-09:15	Freestyle Dance
09:00-10:00	Reformer
09:15-10:15	Body Balance
10:15-11:00	RPM
10:15-11:15	Body Combat
11:15-12:15	Body Pump

Sunday

TIME	CLASS
08:30-09:30	Yoga