

# GROUP FITNESS CLASSES

## TIMETABLE

WINTER/SPRING

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN STUDIO	07:00am	B Active Longer - Circuit 45min	BODYPUMP 45min	B Active Longer - Aerobic 45min	BODYBALANCE 45min			
	08:00am	Hatha Yoga 60min	Yoga 45min			B Active Longer - Circuit 45min		
	09:00am	BODYPUMP 60min	Step 45min	BODYPUMP 60min	BODYBALANCE 60min	Zum ba 60min		
	10:00am	Zum ba 60min	Pilates 60min	Zum ba 60min		BODYBALANCE 60min	Vin yasa Yoga 60min	
	11:15am	B Active Longer - Circuit 45min		B Active Longer - Circuit 45min		Chair Yoga 45min		
	12:15pm	Chair Yoga 45min		Chair Yoga 45min	Stretch & Strength 60min			
	3:30PM							Yin Yoga 60min
	4:30pm		BODYBALANCE 60min	Yoga 45min		Pilates 60min		
	5:30pm	Pilates 60min	Zum ba 60min	BODYPUMP 45min	Yoga 45min			
CYCLE STUDIO	6:10am			RPM 50min				
	9:00am				RPM 50min			

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SMALL GROUP STUDIO	6:15am	Functional Training - Aerobic 30min	Functional Training - Strength 30min	Functional Training - Functional 30min	Functional Training - Aerobic 30min	Functional Training - Strength 30min		
	7:00am							
	8:15am						Functional Training - Functional 30min	
	9:00am	Functional Training - Aerobic 30min	Functional Training - Strength 30min	Functional Training - Functional 30min	Functional Training - Aerobic 30min	Functional Training - Strength 30min		
	10:15am					Functional Training - Strength 30min		
	11:15am					B Active Longer - Strength 30min		
	5:30pm	Functional Training - Aerobic 30min	Functional Training - Strength 30min	Functional Training - Functional 30min	Functional Training - Aerobic 30min			
OUT- DOOR	07:45am			B Active Longer - Aerobic 45min				
	08:00am	B Active Longer - Circuit 45min						
	09:00am				Circuit 45min			

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AQUATICS	08:00am	AQUA AEROBICS 50min	AQUA AEROBICS 50min	AQUA AEROBICS 50min	AQUA AEROBICS 50min	AQUA ZUMBA 50min		
	09:30am	AQUA AEROBICS 50min	Open Squad 60min		Open Squad 60min	AQUA AEROBICS 50min		
	10:00am			AQUA AEROBICS 50min				
	6:00pm	Open Squad 60min		Open Squad 60min				
	6:30pm				AQUA ZUMBA 50min			