



Group Exercise Class Timetable

Monday

- 10:00-11:00 *Low Impact Aerobics
- 17:15-17:45 *HiiT
- 18:00-18:30 *Abs Blast
- 18:00-19:00 *Low Impact Aerobics
- 19:45-20:45 *Zumba

Thursday

- 11:45-12:45 *Pilates
- 14:00-15:00 Low Impact Circuits
- 17:00-18:00 *Yoga
- 18:00-19:00 *Low Impact Aerobics



Tuesday

- 14:00-15:00 Low Impact Circuits
- 18:00-19:00 *Yoga

Friday

- 10:00-12:00 Activity Morning: includes Gym, Classes, Table Tennis and Tea/Coffee
- 10:00-11:00 *Body Conditioning

Wednesday

- 10:00-12:00 Activity Morning: includes Gym, Classes, Table Tennis and Tea/Coffee
- 10:00-10:45 Zumba Gold
- 11:00-12:00 *Yoga
- 18:00-19:00 Bootcamp
- 19:30-20:30 *Zumba



*14-15 years can participate accompanied by an adult member

Gym Open Times

Mon, Tues, Thurs	07:00-08:30	13:30-15:00	16:00-22:00
Wed, Fri	07:00-12:00	13:30-15:00	16:00-22:00
Sat	09:00-17:00		
Sun	08:00-17:00		