

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	Early Circuit	Early Core	Early Circuit		HIIT Me Up!!		
	Virtual Request 07:15 - 09:15	Virtual Request 07:15 - 09:15	Virtual Request 07:15 - 09:15	Virtual Request 07:15 - 08:15	Virtual Request 07:15 - 10:15		Virtual Request 08:00 - 16:00
08:00				Senior Ladies 08:30 - 09:15	Resist and Sculpt	Full Force Fitness 08:00 - 09:45	
09:00							
	Senior Ladies 09:30 - 10:15	Bodyblast 09:30 - 10:15	Boogie Bounce 09:30 - 10:15	Ignite 09:30 - 10:30			
10:00						Dance 10:00 - 11:00	
	Stretch and Relax 10:30 - 11:15	Baby Bounce Back 10:30 - 11:15	Senior Mens 10:30 - 11:30		Baby Bounce Back 10:30 - 11:15		
11:00							Circuit 11:00 - 12:00
12:00	Virtual Request 12:00 - 17:45	Virtual Request 12:00 - 17:45	Low Impact Exercise	Virtual Request 12:00 - 17:00	Low Impact Exercise	Virtual Request 12:00 - 15:45	
17:00			Runnergize				
	Boogie Bounce	Kettlercise		Core			
		Level Up Fitness	Circuits	Body Bar			
19:00	Indoor Cycling 19:00 - 19:45			MenoMove 19:00 - 19:45			
	Boxing 19:30 - 20:30	Dance 19:15 - 20:15	Zumba 19:15 - 20:15				
20:00	Indoor Cycling 20:00 - 20:45						



# 2024 TIMETABLE

Classes are subject to change at short notice but every attempt will be made to stay upto date with the timetable.