

Group Fitness Timetable

Spring 2024

Group Fitness		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:15am	C30 Aerobics	C30 Functional	Body Balance	C30 Strength	Body Step		
	7:00am					Run Club		
	8:30am		Zumba	LM Dance (9:15am)	Chair Fitness Class (8:15am)	Zumba	Body Step (8:00 am)	
	9:30am	Cardio Sculpt	Pilates	Body Balance (10:00am)	Body Pump (9:15am)	Body Balance	LM Dance	Body Pump (9:15am)
	10:30am	Pilates	Stretch & Align	B Active Longer Circuit	B Active Longer Circuit	B Active Longer Aerobics (10:45am)	Chair Fitness Class	Stretch & Align
	11:30am	B Active Longer Circuit	Boxfit (12:30pm)					
	4:00pm		Teen Gym	Teen Gym				
	5:30pm	Body Step	C30 Strength	Boxfit	Body Pump			
	6:30pm	Body Balance		Body Step	Yoga			

Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:15am		Aqua 50m (South End)					
	9:15am	Aqua 50m (South End)		Aqua 50m (South End)	Aqua 50m (North End)		Aqua 50m (South End)	Aqua 50m (North End)
	10:30am	Aqua Program			Aqua Program			
	7:00pm	Aqua 50m (South End)		Salti (6:45pm)				