

Group Fitness Timetable

Winter 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)	C30 Functional
	9:30am	Cardio Sculpt	Pilates	Body Balance (10:00am)	Body Pump (9:15am)	Body Balance	LM Dance	Body Pump (9:15am)
	10:30am	Zumba	Stretch & Align	Prime Circuit	Prime Circuit	Prime Movers (10:45am)	Prime Circuit	Stretch & Align
	11:30am	Prime Circuit	Boxfit (12:30pm)					
	4:00pm	Teen Strength	Teen Cardio	Teen Strength	Teen Cardio			
	5:30pm	Body Step	C30 Functional	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 (12:00pm)		Aqua Program			Salti
	7:00pm	Aqua 50m (South End)		Salti				