

GROUP FITNESS TIMETABLE

10th February - 16th February 2025

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5.45AM	LES MILLS GRIT	Functional Fitness	ABT	Circuit			
	8.00AM			YOGA (6.15am)			BURN	
	08:30am	Functional Interval Training	HIIT			Circuit		
	9am			Circuit 8.45am	TABATA			
	09.30am	Chair Yoga	Yin Yoga	Abs and Stretch (9.45am)	Cardio Boxing	Yoga		
	10.30am			Fit and Fab (Gym Floor)	Chair Yoga	FIT AND FAB (Gym Floor)	Teen Gym (gym floor 14 years +) - 10AM	
	1.30pm		Teen Gym (14 years +)					
	5.30pm	Resistance Training	HIIT	Circuit	LES MILLS BODYPUMP			
	7pm		Resistance Training		Resistance Training			

AQUA AEROBICS TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	09.30am	AQUA 9:30 – 10:15	AQUA 9:30 – 10:15	AQUA 09:30 – 10:15				
	10.30am	GENTLE AQUA 10:30 – 11:15		GENTLE AQUA 10:30 – 11:15	AQUA 10.30 - 11.15			
	10.45AM					GENTLE AQUA 10.45-11.30		
	6.30pm	AQUA 6.30 - 7.15		AQUA 6.30 - 7.15				