

# Group Fitness Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		Spin (45)		Spin (45)	Spin (45)	
6:00am	PUMP (60) Circuit (45)	HIIT (30)	Grit (45)	Box Fit (45)	HIIT (30)	
8:00am	Gold Active (45)		Yoga (60)		Gold Active (45)	Circuit (60)
8:00am	Gold Aqua (45)		Gold Aqua (45)		Gold Aqua (45)	
9:15am	Spin (45)	Pump (60)	Boxing (45)	Bootcamp (60)	Pump (60)	
9:30am				Aqua (45)		
10:30am	HITT (45)	Belly, Butt & Thighs		Yoga (60)		
12:15pm		Boxing (30)			Box Fit (30)	
12:30pm			HIIT (30)	Strength		
3:45pm	Teen Gym (45)		Teen Gym (45)			
5:15pm	Circuit (60)	Spin (45)			Cardio / Core (45)	
5:30pm				Boxing (45)		
6:00pm			Pump (45)			
6:15pm		Yoga (60)		Yoga (60)		
6:30pm	Aqua (45)		Aqua (45)			

## CONDITIONS OF GROUP FITNESS

- All sessions currently have a maximum capacity of 20 people.
- SPIN has a maximum capacity of 12.
- Selected SPIN sessions will be moved to the group fitness room to allow for 20 people. These times are shown in blue. Please arrive 5 minutes to set up your bike. If you need assistance, please let our team know.
- Bookings are required for AQUA and SPIN sessions.

Please feel free to contact our team with any questions you may have regarding class changes & current COVID-19 regulations.

## ONLINE SESSIONS:

- Sessions highlighted in green will be online via Zoom ONLY.
- Sessions highlighted in orange will be Health Club Classes AND online via ZOOM.
- Sessions not highlighted are ONLY in the Health Club.