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| **TIME** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 5.30am  | SPIN SPRINT (30min) |  | RPM SPRINT (30min) | ADULT FIT SQUAD |  |  |
| 6.00am | CIRCUIT | STRENGTH | HIIT | PLATFORM | CIRCUIT 2 CORE |  |
| 8.00am | GOLD ACTIVE CIRCUIT |  | GOLD ACTIVE YOGA |  | GOLD ACTIVE BALL | CIRCUIT |
| Gold Aqua | GOLD AQUA | GOLD AQUA |
| 9.00am | ADULT FIT SQUAD (60min) |  |  |  | ADULT FIT SQUAD (60min) |  |
| 9.15am | LES MILLS PUMP | LES MILLS GRIT/PILATES | STRENGTH | CIRCUIT | LES MILLS PUMP |  |
| 9.30am |  | AQUA |  | AQUA |  |  |
| 10.30am | YOGA | FAMFIT | FAMFIT |  FAMFIT ZUMBA | FAMFIT PILATES |  |
| 12.00pm  | FULL BODY WORKOUT | FULL BODY WORKOUT | FULL BODY WORKOUT | FULL BODY WORKOUT | FULL BODY WORKOUT |  |
| 3.45pm | TEEN GYM |  | TEEN GYM |  |  |  |
| 5:15pm | BOXING | LES MILLS PUMP | FUNCTIONAL  | LES MILLS GRIT/PILATES |  |  |
| 5.30pm |  | SPIN |  | SPIN |  |  |
| 6.00pm |  |  |  |  | ADULT FIT SQUAD (60min) |  |
| 6.15pm |  | STRETCH |  | YOGA |  |  |
| 6.30pm | AQUA ZUMBA |  | AQUA |  |  |  |

**Group Fitness Timetable**

**12/02/2025**

Classes highlighted in YELLOW are available in person or online via ZOOM. Chat to our team for details.

**Aqua** – A low impact but high intensity water aerobics class designed to improve flexibility, range of motion, strength and cardiovascular endurance.

**Yoga –** Yoga focuses on the alignment of the whole-body whole holding poses that support the spine and bring awareness of breath with movement.

**Stretch** – A gentle stretch class for all levels of flexibility.

**FAMFIT** – A family-based fitness class, children off all ages are welcome, a class where the kids can get involved or do their own thing while the adults get in a killer workout.

**Circuit** – High energy and fast-paced, move your way around different exercise stations, performing each exercise as many times as possible in a set time.

**Gold Classes** – Best-suited for over 55s age group but open to everyone!

**Grit/Pilates Combo** – 30 minutes HIIT workout followed by 30 minutes of improving flexibility and strength through controlled movements

**Platform** – A new HIIT exercise class using bodyweight and a step. Using principles of high intensity interval training, this class is sure to satisfy all.

**HIIT** – High Intensity Interval Training with minimal rest periods.

**Zumba Aqua** - Everything Zumba with water resistance, with less impact on joints.

**SPIN/RPM** – Group indoor cycling workout where you control the intensity. It’s fun, low impact and burns loads of calories. - Bookings are essential.

**Les Mills Pump** – Features 10 tracks with each focusing on a different muscle group, using barbells, weight plates and body weight.

**Functional -** A full body workout that combines cardio, free-weights and body-weight movements designed to increase strength and burn fat

**Boxing** – A cardiovascular class based on the training used for boxing. It can be done with a partner using pads and gloves or solo using dumbbells.

**Strength** – Strength based class using weight plates. The focus is to build muscle and learn correct form.

**Full Body Workout** – 30 minute indoor or outdoor high calorie burning class. A mix of interval and strength training.

**Teen Gym** – Specially designed group fitness class for teens aged 11-15 years, providing an introduction to the gym floor and fitness.

**Zumba** - a dance inspired workout, designed to get the heart pumping, you will smash out the calories and you move with the rhythm**.**

**Adult Fit Squad** – Want to improve on your swimming, strokes, fitness and possibly improve for your next triathlon? This class is for you, suited to all swimming levels.