GROUP FITNESS CLASS TIMETABLE

TERM 1 : MONDAY 21 SEPTEMBER 2026 - WEDNESDAY 09 DECEMBER 2026

MONDAY

12.15-13.00	BARRE (TONY)	STUDIO 3
12.30-13.20	PILATES (KATE)	STUDIO 1
12.30-13.15	SPIN 45 (FRASER)	SPIN STUDIO
17.15-18.00	PILATES (KIM)	STUDIO 3
17.15-18.00	BODYPUMP (SUSAN)	STUDIO 1
18.10-18.40	ABS & ARMS (KIM)	STUDIO 3
18.15-19.00	BODYCOMBAT (GREG)	STUDIO 2
18.15-19.00	ZUMBA (SILVIA)	STUDIO 1
18.45-19.15	SPIN 30 (KIM)	SPIN STUDIO
19.20-20.00	POWER PILATES (KIM)	STUDIO 3

TUESDAY

07.30-08.15	SPIN 45 (SCOTT)	SPIN STUDIO
11.00-11.45	PILATES (KIM)	STUDIO 3
12.15-13.00	STAFF LOVE TO LIFT (TOM)	S&C 1
12.30-13.15	YOGA (KATE)	STUDIO 3
12.30-13.15	BODYPUMP (SCOTT)	STUDIO 1
16.00-17.00	CARDIO TENNIS (OLLIE)	LEAZES PARK
17.15-18.00	PILATES (MOJGAN)	STUDIO 1
17.30-18.00	ZUMBA (ALESSANDRA)	STUDIO 3
18.15-19.00	YOGALATES (CLAIRE)	STUDIO 3
19.05-19.35	SPIN 30 (CLAIRE)	SPIN STUDIO

WEDNESDAY

07.30-08.15	SUNRISE YOGA (MOJGAN)	STUDIO 3
12.15-13.00	PILATES (KIM)	STUDIO 1
12.15-13.00	ZUMBA (SILVIA)	STUDIO 3
12.30-13.15	SPIN 45 (CLAIRE)	SPIN STUDIO
17.00-17.30	SPIN 30 (SCOTT)	SPIN STUDIO
17.35-18.20	YOGA (JOANNE)	STUDIO 3
17.40-18.25	BODYPUMP (SCOTT)	STUDIO 1
18.30-18.55	CORE (SCOTT)	STUDIO 1
19.00-19.30	BARRE (SINEAD)	STUDIO 3
19.00-19.45	STRETCH 45 (SCOTT)	STUDIO 1

THURSDAY

07.30-08.00	SPIN 30 (SCOTT)	SPIN STUDIO
12.30-13.15	YOGA (KATE)	STUDIO 3
12.30-13.15	CONDITIONING (SCOTT)	STUDIO 1
16.15-17.00	LEGS BUMS & TUMS (KIM)	STUDIO 1
17.10-17.55	PILATES (KIM)	STUDIO 1
17.15-18.00	BARRE (TONY)	STUDIO 3
17.30-18.00	SPIN 30 (CLAIRE)	SPIN STUDIO
18.00-18.30	HITT 30 (KIM)	STUDIO 1
18.10-18.55	YOGALATES (CLAIRE)	STUDIO 3

FRIDAY

07.30-08.00	SPIN 30 (SCOTT)	SPIN STUDIO
12.05-12.40	SPIN 35 (FRASER)	SPIN STUDIO
12.45-13.30	YOGA (STEVE)	STUDIO 3
16.45-17.30	YOGA (KATE)	STUDIO 3
17.05-17.35	BODYPUMP 30 (SARAH)	STUDIO 1
17.45-18.15	SPIN 30 (SARAH)	SPIN STUDIO
18.20-19.00	YOGALATES (SARAH)	STUDIO 3

SATURDAY

09.30-10.00	SPIN 30 (SCOTT)	SPIN STUDIO
10.00-10.45	BARRE (TONY)	STUDIO 3
10.15-11.00	BODYPUMP (SCOTT)	STUDIO 1
11.05-11.35	STRETCH 30 (SCOTT)	STUDIO 1
17:10-17:55	YOGA (MOJGAN)	STUDIO 3

SUNDAY

10.00-10.45	PILATES (KIM)	STUDIO 1
10.50-11.20	SPIN 30 (KIM)	SPIN STUDIO
16.30-17.00	SPIN 30 (KIM)	SPIN STUDIO
17.15-18.00	LEGS BUMS & TUMS (KIM)	STUDIO 1

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