



GROUP FITNESS TIMETABLE

As of 28 April 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|---|---|--|
| 6:00am BODYPUMP 45 MINS (S1) | 6:00am MOVE 45 MINS (S1) | 9:30am AQUA 60 MINS (IP) | 6:00am BODYSTEP 45 MINS (S1) | 6:00am STRENGTH 45 MINS (S1) | 8:30am BODYPUMP 60 MINS (S1) | 9:15am BODYPUMP 60 MINS (S1) |
| 9:30am AQUA 60 MINS (IP) | 9:05am BODYPUMP 60 MINS (S1) | 9:30am ZUMBA 60 MINS (S1) | 9:30am AQUA HIIT 60 MINS (IP) | 9:30am BODYPUMP 60 MINS (S1) | 9:30am BODY COMBAT 60 MINS (S1) | 9:30am AQUA HIIT 60 MINS (IP) |
| 9:30am AEROBICS 60 MINS (S1) | 9:30am AQUA 60 MINS (IP) | 10:45am MOBILITY & STRETCH 45 MINS (S1) | 9:30am AEROBICS 60 MINS (S1) | 9:30am AQUA 60 MINS (IP) | 9:30am AQUA 60 MINS (IP) | 10:30am YOGA 60 MINS (S1) |
| 10:45am AQUA DEEP 45 MINS (IP) | 10:30am YOGA 60 MINS (S1) | 1:30pm YOUNG AT HEART 45 MINS (AQUA) | 10:30am YOGA 60 MINS (S1) | 10:30am YOGA 60 MINS (S1) | 10:45am FUNCTIONAL TRAINING 45 MINS (S1) | |
| 10:45am FUNCTIONAL TRAINING 45 MINS (S1) | 1:30pm YOUNG AT HEART 45 MINS (S1) | 5:30pm BODYPUMP EXPRESS 30 MINS (S1) | 1:30pm YOUNG AT HEART 45 MINS (S1) | 11:30am CHAIR YOGA 45 MINS (S1) | | |
| 1:30pm YOUNG AT HEART 45 MINS (S1) | 5:00pm FUNCTIONAL TRAINING 45 MINS (S1) | 6:00pm RPM 45 MINS (S2) | 5:30pm BODYSTEP 45 MINS (S1) | 1:30pm YOUNG AT HEART 45 MINS (S1) | | |
| 5:30pm BOXING 45 MINS (S1) | 6:00pm BODY COMBAT 60 MINS (S1) | 6:00pm MOBILITY & STRETCH 45 MINS (S1) | 6:30pm BODYPUMP 60 MINS (S1) | 5:30pm RPM 45 MINS (S1) | | |
| 6:00pm RPM 45 MINS (S2) | 7:00pm AQUA DEEP 45 MINS (IP) | 7:00pm ZUMBA 60 MINS (S1) | 7:00pm AQUA DEEP 45 MINS (IP) | 7:00pm AQUA 60 MINS (IP) | | |
| 6:30pm ZUMBA 60 MINS (S1) | 7:00pm YOGA 60 MINS (S1) | 7:00pm AQUA 60 MINS (IP) | | | | |
| 7:00pm AQUA 60 MINS (IP) | | | | | | |

S1: STUDIO 1
S2: STUDIO 2
IP: INDOOR POOL
OP: OUTDOOR POOL
(SUBJECT TO WEATHER)



CLASS DESCRIPTIONS

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| ABBS, BUTT AND THIGHS | A targeted workout focused on strengthening and toning the core, glutes, and thighs for a powerful lower body and core. |
| AEROBICS | Choreographed exercises to music offering a total-body workout. |
| AQUA | Moderate intensity workout, suitable for all levels and ages. Uses water resistance to increase strength, endurance and flexibility. |
| AQUA DEEP | A water-based exercise class held in the deep end of the pool, designed to strengthen core muscles. Floatation belt provided. |
| AQUA HIIT | High intensity interval training Aqua class, incorporating training and cardio exercises, suitable for all fitness levels. |
| BODY COMBAT | Aerobic training programming that combines energetic moves and stances developed from self-defence disciplines. |
| BODYPUMP | A group barbell program that challenges every major muscle in your body. |
| BOXING | A boxing fitness class using heavy bags or pads, combined with a toing cardio workout – great for all levels of fitness. |
| CHAIR YOGA | A gentle, seated practice designed to improve flexibility, strength, and relaxation, ideal for those with injuries or health concerns. |
| FUNCTIONAL TRAINING | Train your body with everyday life and multi-joint movements. |
| MOBILITY & STRETCH | Static and dynamic stretching to improve your flexibility and stability. |
| MOVE | A fast-paced, full-body workout that blends cardio, strength, and athletic moves to get you sweating and feeling strong. |
| RPM | Indoor cycle class based on outdoor riding. |
| STRENGTH | This muscle-focused class uses weights and resistance training to build total-body strength, improve endurance, and boost metabolism. |
| YOGA | A mindful practice combining breath, movement, and balance to improve strength, flexibility, and relaxation. |
| YOUNG AT HEART | For over 50's, this features low impact exercise with a focus on fun and socialising through fitness. |
| ZUMBA | Sweat it out with this no-work workout featuring fun dance moves. |