

2016 Group Exercise Timetable

Commences: 4th January 2016

Day	Starts	Class	Location	Duration	Info
Mon	10:00	Aerobics	Dance Studio	60	
Mon	11:00	BodyPump™	Dance Studio	60	
Mon	11:15	Indoor Cycle	Cycle Studio	30	New class
Mon	12:05	BodyBalance™	Dance Studio	60	
Mon	13:00	Circuits	Arena	40	Free
Mon	17:30	BodyPump™	Dance Studio	60	
Mon	18:45	Zumba	Dance Studio	60	
Mon	19:00	Synrgy Circuit	Functional Studio	60	
Mon	19:45	BodyBalance™	Dance Studio	60	
Mon	20:15	Indoor Cycle	Cycle Studio	45	New class
Mon	20:45	Boxercise	Dance Studio	45	New class
Tues	07:00	Swimfit	Pool	60	
Tues	09:15	LBT	Dance Studio	45	
Tues	10:00	Vinyasa Flow Yoga	Functional Studio	60	
Tues	11:15	Step & Tone	Dance Studio	45	
Tues	12:15	Indoor Cycle	Cycle Studio	30	
Tues	13:00	Circuits	Arena	40	Free
Tues	13:05	LBT	Dance Studio	45	
Tues	17:30	Aerobics	Dance Studio	60	
Tues	18:00	Indoor Cycle	Cycle Studio	45	
Tues	18:30	Step	Dance Studio	60	
Tues	19:15	Boxercise	Functional Studio	60	
Tues	19:30	Zumba	Dance Studio	60	
Tues	20:30	Fitness Pilates	Dance Studio	60	
Wed	07:00	Indoor Cycle	Cycle Studio	30	
Wed	10:30	BodyCombat	Dance Studio	60	
Wed	11:00	Synrgy Circuit	Functional Studio	60	
Wed	11:30	BodyBalance™	Dance Studio	60	
Wed	13:15	Indoor Cycle	Cycle Studio	30	
Wed	17:30	BodyCombat™	Dance Studio	60	
Wed	17:45	Indoor Cycle	Cycle Studio	45	
Wed	17:45	Aqua Fit	Pool	45	
Wed	18:30	BodyPump™	Dance Studio	60	
Wed	19:00	Swimfit	Pool	60	
Wed	19:45	High Intensity Aerobics	Dance Studio	45	
Wed	20:30	BodyBalance™	Dance Studio	60	

PLEASE NOTE

- Timetabled classes are subject to change/cancellations at short notice. Please check our website notices for updates.
- All classes must be booked in advance, either in person, by telephone, online or at one of our self-serve kiosks.
- No bookings will be accepted within 5 minutes of the advertised start time.
- No admittance will be allowed, once the class has commenced.

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Day	Starts	Class	Location	Duration	Info
Thur	07:00	Swimfit	Pool	60	
Thur	09:15	Pilates	Dance Studio	45	
Thur	11:00	Indoor Cycle	Cycle Studio	30	
Thur	11:45	BodyPump™	Dance Studio	60	
Thur	12:30	Vinyasa Flow Yoga	Functional Studio	60	
Thur	13:00	Circuits	Arena	40	
Thur	17:30	Body Conditioning	Dance Studio	60	
Thur	18:00	Synrgy Circuit	Functional Studio	60	
Thur	18:30	Dance Aerobics	Dance Studio	60	
Thur	19:30	BodyCombat	Dance Studio	60	
Thur	20:30	Zumba	Dance Studio	60	
Fri	07:00	Synrgy Circuit	Functional Studio	45	
Fri	09:30	BodyPump™	Dance Studio	45	
Fri	10:30	BodyBalance™	Dance Studio	45	
Fri	11:15	Zumba	Dance Studio	60	
Fri	12:15	Indoor Cycle	Cycle Studio	30	New class
Fri	13:00	BodyPump™	Dance Studio	45	
Fri	13:05	Synrgy Circuit	Functional Studio	40	
Fri	17:30	Step & Tone	Dance Studio	60	
Fri	17:45	Indoor Cycle	Functional Studio	45	
Fri	18:45	BodyBalance™	Dance Studio	45	
Fri	19:00	Swimfit	Pool	60	
Sat	09:30	BodyCombat™	Dance Studio	60	
Sat	09:45	Indoor Cycle	Cycle Studio	45	New class
Sat	10:30	BodyPump™	Dance Studio	60	
Sat	10:45	BodyBalance™	Functional Studio	60	
Sun	09:30	Yoga	Dance Studio	60	
Sun	10:30	Triple Challenge	Dance Studio	60	
Sun	10:30	Synrgy Circuit	Functional Studio	45	

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