

GROUP EXERCISE CLASSES

TIMETABLE

FROM SEPTEMBER 8TH 2025

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN STUDIO	6:30am		BodyPump 30min		STR1KE 30min			
	8:15am				Grooving		Retro	
	8:45am						BodyPump	
	9:00am			HF Walking				
	9:15am	Retro	LM Tone 30	Circuit	Step	LM Tone		
	9:30am						Pilates	
	9:45am	STR1KE 30min	BodyStep 30min					
	10:15am	BodyPump		Pilates	Adult Ballet	Les Mills Dance		Meditation
	10:30am		Yoga					
	11:00am	Active Adults Functional		Every1 Can Lift	BodyBalance	Active Adults Balance		
	11:15am	Pilates						
	11:30am							
	12:15pm				Grooving			
	5:00pm					Pilates		
	5:30pm		LM Dance		BodyStep			
	6:00pm	LMTone 30		Circuit				
	6:30pm	LM Core 30	BodyPump		Boxing			
	7:00pm	Yogalates		BodyBalance				
	7:30pm				Every1 Can Lift			

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATICS	8:00am	GOLDIES	GOLDIES	GOLDIES		GOLDIES		
	9:00am	AQUA		AQUA		AQUA		
	10:00am				AQUA			
	11:15am		GROOVING		GOLDIES			
	6:00pm		AQUA DEEP		AQUA			
	6:15pm	AQUA						

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