










GROUP EXERCISE CLASSES

TIMETABLE

FROM FEBRUARY 2ND 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAIN STUDIO	6:30am	LES MILLS BODYPUMP HEAVY 					
	8:15am				Grooving		Retro 30min
	8:45am						LES MILLS BODYPUMP 
	9:00am			Heart Foundation Walking			
	9:15am	Retro 30min	LES MILLS tone 	Circuit	BURN	LES MILLS tone 	
	9:45am	STR1KE 30min	LES MILLS BODYSTEP 			LES MILLS BODYPUMP HEAVY 	
	10:15am	LES MILLS BODYPUMP			Adult Ballet	LES MILLS DANCE	
	11:00am	Active Adults Functional		Every1 Can Lift		Active Adults Balance	
	11:30am			Line Dancing 30mins			
	12:15pm				Grooving		
	5:30pm		LES MILLS DANCE 	LES MILLS BODYPUMP 			
	6:00pm	LES MILLS tone	LES MILLS BODYSTEP 	Circuit			
	6:30pm		LES MILLS BODYPUMP HEAVY		Boxing		
	7:00pm				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
WELLBEING	9:30am						Pilates
	10:15am			Pilates			
	10:30am		Yoga Outdoors				
	11:00am				LES MILLS BODYBALANCE		
	11:15am	Pilates					
	11:30am		Tai Chi <i>For Health</i>				
	5:00pm					Pilates	
	7:00pm	Yogalates		LES MILLS BODYBALANCE			





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

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