

GROUP EXERCISE CLASSES

TIMETABLE

FROM MAY 18th 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAIN STUDIO	6:30am	LES MILLS BODYPUMP HEAVY 30'				
	8:15am				Grooving	Retro 30min
	8:45am					LES MILLS BODYPUMP 30'
	9:00am			Heart Foundation Walking		
	9:15am	Retro 30min	LES MILLS tone 30'	Circuit	BURN	LES MILLS tone 30'
	9:45am	STRIKE 30min	LES MILLS BODYSTEP 30'			LES MILLS BODYPUMP HEAVY 30'
	10:15am	LES MILLS BODYPUMP			Adult Ballet 30min	LES MILLS DANCE
	11:00am	Active Adults Functional		Every1 Can Lift		Active Adults Balance
	11:30am			Line Dancing		
	12:15pm				Grooving	
	5:30pm		LES MILLS DANCE 30'			
	6:00pm	LES MILLS tone	LES MILLS BODYSTEP 30'	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	SUNDAY
WELLBEING	9:30am					Pilates	
	10:00am						Yoga
	10:15am			Pilates			
	10:30am		Yoga				
	11:00am				LES MILLS BODYBALANCE		
	11:15am	Pilates					
	1:00pm		Tai Chi <i>For Health</i>				
	5:00pm					Pilates	
	5:30pm				Yoga		
	7:00pm	Yogalates		LES MILLS BODYBALANCE			





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AQUATICS	8:00am	GOLDIES 	GOLDIES 	GOLDIES 		GOLDIES 
	9:00am	AQUA		AQUA		AQUA
	10:05am				AQUA	
	11:15am		AQUA GROOVING			
	6:00pm		AQUA DEEP			AQUA
	6:15pm	AQUA				

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