

# Group Exercise Classes

## Timetable

JULY 2026

GROUP FITNESS ROOMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	6:15am	CARDIO BOXING 45min	BODY PUMP 45min (Virtual)	CIRCUIT 45min	B ACTIVE FUNCTIONAL 30min	B ACTIVE FUNCT 30min	SPIN 45min	
	7:00am				CORE AND MORE 30min			
	7:30am	BODY BALANCE 45min (Virtual)						
	8:15am			BODY BALANCE 60min (Virtual)			HIIT VIRTUAL 45min (Virtual)	HIIT VIRTUAL 45min (Virtual)
	8:30am		BODY ATTACK 45min (Virtual)		BODY PUMP 45min (Virtual)			
	9:15am						BODY BALANCE 45min (Virtual)	BODY PUMP 45min (Virtual)
	9:30am	SPIN 45min		BODY BLAST 60min	STRENGTH 60min	STRENGTH 60min		
	10:30am							BODY BALANCE 45min (Virtual)
	10:45am	BODY SCULPT 45min	BODY PUMP 60min (Virtual)	ABS, BOOTY & THIGHS 30min		ZUMBA 60min		
	11:30am	CORE VIRTUAL 45min (Virtual)		BODY BALANCE 45min (Virtual)				
	12:00pm							
	12:15pm	BODY PUMP 60min (Virtual)						
	12:30pm				FIT & FABULOUS 30min			DANCEFIT VIRTUAL 60min (Virtual)
	1:00pm					CORE VIRTUAL 30min (Virtual)		
	3:30pm			B ACTIVE TEENS 30min				
4:00pm					BODY COMBAT 45min (Virtual)			
5:30pm	BODY BLAST 60min	B ACTIVE FUNCTIONAL 30min	SPIN 45min	CIRCUIT 45min	BODY BLAST 60min			
7:00pm			DANCEFIT VIRTUAL 30min (Virtual)					
7:30pm	CORE VIRTUAL 30min (Virtual)	BODY COMBAT 45min (Virtual)			BODY BLAST 60min (Virtual)			

# Aqua Group Classes

## Timetable

JULY 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATICS	7:45am AQUA SHALLOW 45min						
	8:00am		AQUA SHALLOW 45min				
	8:30am AQUA DEEP 45min				AQUA DEEP 45min	AQUA DEEP 45min	
	9:30am AQUA 45min		AQUA 45min		AQUA 45min	AQUA 45min	
	12:45pm AQUA 45min		AQUA 45min		AQUA SHALLOW 45min		
	6:45pm		AQUA 45min				

# Wellness Group Classes

## Timetable

JULY 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATICS	7:15am		PILATES 45min				
	9:30am	PILATES 60min	PILATES 60min				
	10:45am			YOGA 45min			
	11:00am					PILATES 45min	
	12:00pm					YOGA 45min	