Group Exercise Classes

Timetable

NOVEMBER 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	**SPIN** 45min		
7:15am		**HATHA YOGA** 60min	**PILATES** 45min	**CORE & MORE** 30min			
7:30am	**BODY BALANCE** 45min (Virtual)						
8:15am		**BODY ATTACK 60min (Virtual)**	**BODY BALANCE** 60min (Virtual)			**HIIT VIRTUAL** 45min (Virtual)	
8:30am	**SPIN** 45min			**BODY PUMP** 45min (Virtual) **SPIN** 45min			
9:15am						**BODY BALANCE** 45min (Virtual)	**BODY PUMP** 45min (Virtual)
9:30am	**PILATES** 60min	**PILATES** 60min	**BODY PUMP** 60min	**CARDIO/STRENGTH** 60min	**STRENGTH** 60min		
10:30am							**BODY BALANCE** 45min (Virtual)
10:45am	**BODY SCULPT** 45min	**BODY PUMP** 60min (Virtual)	**ABS, BOOTY & THIGHS** 30min	**YIN YOGA** 60min	**ZUMBA** 60min		
11am						**PILATES** 60min	
11:30am			**BODY BALANCE** 45min (Virtual)				
12:00pm		**Dance Fit** 60min (Virtual)		**FIT & FABULOUS** 45min	**YOGA** 60min		
12:15pm	**BODY PUMP** 60min (Virtual)						
12:30pm							**DANCEFIT VIRTUAL** 60min (Virtual)
1:00pm			**PILATES** 45min				
4:00pm				**Virtual Yoga** 60min	**BODY COMBAT** 45min (Virtual)		
5:30pm	**BODY PUMP 60min**	**CIRCUIT** 45min		**BODY PUMP** 60min			

Aqua Group Classes

Timetable

NOVEMBER 2026

AQUATICS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30am	AQUA GENTLE 45min						
8:00am			AQUA GENTLE 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 GENTLE 45min		
6:45pm		AQUA 45min					