

Monday

Legs, Bums & Tums	9.30-10.25am	Health Zone	Cardio
Salsa	11-11.55am	Fitness Zone	Dance
Aqua Aerobics	11-11.55am	Pool	Aqua
Senior Aerobics	2-2.55pm	Health Zone	Conditioning
Pilates	5-5.55pm	Fitness Zone	Mind and body
Kettle Bells	6-6.55pm	Fitness Zone	Conditioning
Group Cycle	6-6.45pm	Cycle Zone	Cardio
Step	6-6.55pm	Health Zone	Cardio
Body Conditioning	7-7.55pm	Fitness Zone	Conditioning
Yoga	7-7.55pm	Health Zone	Mind and body
Group Cycle	7-7.45pm	Cycle Zone	Cardio
Zumba	7-7.55pm	Studio One	Conditioning
Fitball	8-8.55pm	Fitness Zone	Conditioning

Tuesday

Group Cycle	7-7.45am	Cycle Zone	Cardio
HIIT	9.30-10.25am	Health Zone	Cardio
Yoga	10.30-11.25am	Health Zone	Conditioning
Group Cycle	10.30-11.15am	Cycle Zone	Cardio
Aqua Aerobics	11.45am-12.40pm	Pool	Aqua
Legs Bums & Tums	5-5.55pm	Health Zone	Cardio
Body Conditioning	5-5.55pm	Fitness Zone	Conditioning
Aerobics (20/20/20)	6-7pm	Health Zone	Cardio
Group Cycle	6-6.45pm	Cycle Zone	Cardio
Pilates	6-6.55pm	Fitness Zone	Mind and body
Stretch & Tone	7-7.55pm	Health Zone	Mind and body
Kettles Bell	7-7.55pm	Fitness Zone	Conditioning
Group Cycle	7-7.45pm	Cycle Zone	Cardio
Deep Water Aqua	7-7.55pm	Diving Pit	Cardio
Legs, Bums & Tums	8-8.55pm	Health Zone	Cardio

Wednesday

Circuits	9-9.45am	Fitness Zone	Conditioning
Step	9.30-10.30am	Studio One	Cardio
Legs, Bums & Tums	11-11.55am	Fitness Zone	Conditioning
Aqua Gym	11-11.45am	Pool	Cardio
Aerobics	5-5.55pm	Health Zone	Cardio
HIIT	6-6.55pm	Fitness Zone	Cardio
Group Cycle	7-7.45pm	Cycle Zone	Cardio
Legs, Bums & Tums	7-7.55pm	Fitness Zone	Cardio
Pilates	7-7.55pm	Health Zone	Mind and body
Zumba	8-8.55pm	Health Zone	Dance
Group Cycle	8-8.45pm	Cycle Zone	Cardio
Boot Camp	8-8.55pm	Track	Conditioning

Thursday

Group Cycle	7-7.45am	Cycle Zone	Cardio
Body Conditioning	9.30-10.25am	Health Zone	Cardio
Pilates	10.30-11.25am	Health Zone	Mind and body
Group Cycle	10.30-11.15am	Cycle Zone	Cardio
Ladies Functional	12.15-1.10pm	Fitness Zone	Conditioning
Aqua Aerobics	11.45-12.40pm	Pool	Cardio
Step	6-6.55pm	Health Zone	Cardio
Group Cycle	6-6.45pm	Cycle Zone	Cardio
Yoga	7-7.55pm	Health Zone	Mind and body
Group Cycle	7-7.45pm	Cycle Zone	Cardio
Aqua Aerobics	7-7.55pm	Pool	Cardio
Circuits	8-8.55pm	Fitness Zone	Cardio

Friday

Circuits	7-7.45am	Fitness Zone	Conditioning
Legs, Bums & Tums	9.30-10.25am	Studio One	Conditioning
Aerobics	10.30-11.30am	Health Zone	Mind and body
Group Cycle	12.30-1.15am	Cycle Zone	Cardio
Senior Aerobics	2-2.55pm	Health Zone	Conditioning
Strength	6-6.45pm	Fitness Zone	Conditioning
Group Cycle	6-6.45pm	Cycle Zone	Cardio

Saturday

Aerobics	9.30-10.25am	Studio One	Cardio
Legs, Bums & Tums	10.30-11.25am	Studio One	Cardio
Group Cycle	10.30-11.15am	Cycle Zone	Cardio

Sunday

Beginners Yoga	9.30-10.25am	Studio One	Mind and body
Group Cycle	10.30-11.15am	Cycle Zone	Cardio
Intermediate Yoga	10.30-11.25am	Studio One	Mind and body

Times and classes are correct at the time of publishing. Check the online booking system for the latest information.

Cardio

A fast-paced class to raise your heart rate and improve your cardiovascular fitness.

Dance

Improve your coordination and fitness through a dance based workout.

Conditioning

Lose weight and tone up with a full body workout using light weights and resistance.

Mind and body

Increase your core stability and flexibility and leave feeling centred and relaxed.

Combat

Fast-paced class using punching and kicking movements to improve cardiovascular fitness and strength.

Aqua

Low-impact cardio workouts in the pool, helps to tone, strengthen and improve general fitness.