



HEALTH & FITNESS

GROUP EXERCISE: September 6th – December 5th, 2021

MONDAY

<u>CLASS</u>	<u>VENUE</u>
07:15 – 07:45 CIRCUITS* - Fitness	GYM FLOOR
09:30 – 10:00 SKI, BIKE, ROW - Fitness	GYM FLOOR
12:15 – 13:00 YIN YOGA* - Moira	STUDIO 1
12:15 – 13:00 TOTAL BODY - Claire	STUDIO 2
17:30 – 18:00 CIRCUITS* - Fitness	GYM FLOOR
18:00 – 18:30 CYCLE FIT* - Danny	CYCLE STUDIO
18:15 – 18:35 CORE* - Fitness	GYM FLOOR
18:45 – 19:30 BARBELL - Danny	STUDIO 1

TUESDAY

<u>CLASS</u>	<u>VENUE</u>
07:15 – 07:45 CIRCUITS* - Fitness	GYM FLOOR
09:30 – 10:00 CORE* - Fitness	STUDIO 1
12:15 – 13:00 ZUMBA* - Angela G	STUDIO 1
12:15 – 13:00 CYCLE FIT* - Claire	CYCLE STUDIO
17:30 – 18:00 CIRCUITS* - Fitness	GYM FLOOR
18:00 – 18:30 CYCLE FIT - Tracy	CYCLE AREA
18:15 – 18:35 CORE* - Fitness	GYM FLOOR
18:45 – 19:30 PILATES - Angela K	STUDIO 1

WEDNESDAY

<u>CLASS</u>	<u>VENUE</u>
07:15 – 07:45 CIRCUITS* - Fitness	GYM FLOOR
09:30 – 10:00 BARBELL - Fitness	STUDIO 1
12:00 – 12:45 CYCLE FIT* - Dale	CYCLE STUDIO
12:15 – 13:00 YOGA* - Moira	STUDIO 1
17:30 – 18:00 CIRCUITS* - Fitness	GYM FLOOR
18:00 – 18:30 CYCLE FIT* - Danny	CYCLE STUDIO
18:15 – 18:35 CORE* - Fitness	GYM FLOOR
18:45 – 19:30 X-FIT - Danny	STUDIO 1

THURSDAY

<u>CLASS</u>	<u>VENUE</u>
07:15 – 07:45 CIRCUITS* - Fitness	GYM FLOOR
09:30 – 10:45 BARBELL - Danny	STUDIO 1
12:15 – 13:00 X-FIT - Danny	STUDIO 1
17:30 – 18:00 CIRCUITS* - Fitness	GYM FLOOR
18:15 – 18:35 CORE* - Fitness	GYM FLOOR

FRIDAY

<u>CLASS</u>	<u>VENUE</u>
07:15 – 07:45 CIRCUITS* - Fitness	GYM FLOOR
08:30 – 09:15 YOGA* - Moira	STUDIO 1
09:30 – 10:15 CYCLE FIT* - Danny	CYCLE STUDIO
12:00 – 12:45 BARBELL - Claire	STUDIO 1
12:15 – 13:00 PILATES - Angela K	STUDIO 2
17:30 – 18:00 CIRCUITS* - Fitness	GYM FLOOR
18:15 – 18:35 CORE* - Fitness	GYM FLOOR

SATURDAY

<u>CLASS</u>	<u>VENUE</u>
08:30 – 09:00 CIRCUITS* - Fitness	GYM FLOOR
09:30 – 10:15 PILATES - Angela K	STUDIO 1

SUNDAY

<u>CLASS</u>	<u>VENUE</u>
08:30 – 09:00 CIRCUITS* - Fitness	GYM FLOOR
09:15 – 10:00 CYCLE FIT - Tracy	CYCLE STUDIO

*Denotes classes that juniors +13 can attend.

- Please note that NO classes will be running on 10th September.