

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.15		GROUP CYCLE Ryan 45mins Group Cycle Studio	CIRCUITS Ryan 45mins Sports Hall	GROUP CYCLE Dee 45mins Group Cycle Studio			
06.30	STRENGTH KETTLEBELLS Jo Ann 45mins Wellness Studio			STRENGTH KETTLEBELLS Jo Ann 45mins Wellness Studio	PUMP Jonathan 45mins Fitness Studio		
07.30	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio PILATES Maria 45mins Wellness Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio		
09.30	YOGA Jonathan 45mins Wellness Studio PUMP Stephen 45min Fitness Studio	URBAN REBOUND Hazel 60mins Wellness Studio STRENGTH Victoria 45mins Fitness Studio	PUMP Victoria 45min Fitness Studio	URBAN REBOUND Hazel 60mins Wellness Studio CIRCUITS Jo Ann 45min Fitness Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio STRENGTH KETTLEBELLS Jo Ann 45mins Wellness Studio	ZUMBA Laura 60mins Sports Hall KETTLEBELLS Joanne G 45mins Wellness Studio	PUMP Jonathan 45min Fitness Studio KETTLEBELLS Joanne G 45mins Wellness Studio
10.00	WALKING FOOTBALL (S) STEADY & STRONG (M) Alan 60mins Nearside						
10.30	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio		PILATES Jo Ann 60mins Wellness Studio	CORE Joanne G 30mins Fitness Studio	PILATES Jonathan 60mins Wellness Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.30	LIVE LONG (S) Hall WALKING NETBALL (S) Karen 60mins Sports Hall					GROUP CYCLE (F) Stephen 45mins Group Cycle Studio	GROUP CYCLE Joanne 45mins Group Cycle Studio
10.45	PILATES Maria 60mins Wellness Studio	PILATES Maria 60mins Wellness Studio	YOGA Janet 60mins Wellness Studio	YOGA Nicki 60mins Wellness Studio		URBAN REBOUND Maura 60mins Wellness Studio	
		ZUMBA (S) Elaine 45mins Sports Hall	AEROBICS (S) Wendy 45mins Sports Hall	ZUMBA (S) Elaine 45mins Sports Hall			
			STEADY & STRONG (M) Scott 45mins Function Suite				
11.15		AQUA AEROBICS Karen 45mins Pool				YOGA Kerrie 60mins Fitness Studio	
12.00	MORE MOVEMENT FOR THE MIND Karen 60mins Wellness Studio		STEADY & STRONG Karen 45mins Wellness Studio (invite only)			MORE DANCE (Nia) Lily 60mins Wellness Studio	
12.15				PILATES Maria 45mins Wellness Studio			
12.30					TAI CHI Grandmaster 60mins Wellness Studio		TAI CHI Grandmaster 60mins Wellness Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12.30	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	
13.00	MORE MOVEMENT FOR THE MIND Karen 60mins Wellness Studio						
13.45							TAI CHI Grandmaster 60mins Wellness Studio
14.00							GROUP CYCLE Virtual 30mins Group Cycle Studio
16.30	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio		
17.30	PILATES Jo Ann 60mins Wellness Studio PUMP Stephen 45min Fitness Studio	HITT CARDIO Paula 30mins Sports Hall PILATES Helen 60mins Wellness Studio PUMP Victoria 45mins Fitness Studio	URBAN REBOUND Maura 60mins Wellness Studio HITT STRENGTH Stephen 30mins Fitness Studio	HITT STRENGTH Maria 30mins Wellness Studio PUMP Victoria 45min Fitness Studio	YOGA Nicki 60mins Wellness Studio STEP Jane 45mins Fitness Studio		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17.45					HITT Cardio Stephen 30mins Sports Hall		
18.00				HITT CORE Maria 30mins Wellness Studio			
18.15	GROUP CYCLE Erin 45mins Group Cycle Studio	GROUP CYCLE Paula 45mins Group Cycle Studio	GROUP CYCLE Stephen 45mins Group Cycle Studio	GROUP CYCLE (F) Dee 45mins Group Cycle Studio			
18.30	HITT STRENGTH Stephen 30mins Fitness Studio	BOX FIT Victoria 45mins Fitness Studio	CIRCUITS Joanne G 45mins Fitness Studio	BOX FIT Jonathan 45mins Fitness Studio	PUMP Stephen 45min Fitness Studio		
			MORE DANCE Lucy 45mins Function Suite				
18.45	KETTLEBELLS Dee 45mins Wellness Studio	YOGA Nicki 60mins Wellness Studio	PILATES Jane 60mins Wellness Studio	YOGA Jane 60mins Wellness Studio	PILATES Jane 60mins Wellness Studio		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
19.15	GROUP CYCLE Stephen 45mins Group Cycle Studio AQUA AEROBICS Elaine 45mins Pool		GROUP CYCLE Stephen 45mins Group Cycle Studio				
19.30	ZUMBA Laura 60mins Sports Hall PUMP Jonathan 45min Fitness Studio	PUMP Victoria 45mins Fitness Studio		ZUMBA Elaine 45mins Function Suite			
20.00		URBAN REBOUND Maura 60mins Wellness Studio	PILATES Jane 60mins Wellness Studio	YOGA Jane 60mins Wellness Studio			

MORE Cardio

Cardio classes include a variety of movements and exercises to get the heart rate pumping. Cardio classes can vary greatly, but at the core, it includes movements that increase your heart rate.

MORE Active Aging

Classes are aimed at people aged 50 plus and include a variety of light cardio, strength and balance and gentle movement classes. These classes are aimed at improving social, mental and physical fitness.

MORE Strength

If your goal is to get stronger and more sculpted then these classes are for you. The sessions are designed to get you fitter, stronger and leaner using a combination of equipment and your own bodyweight.

MORE Mind & Body

A form of exercise that combines body movement, mental focus and controlled breathing to improve strength, balance, flexibility and overall health.

(M) Steady and Strong Maintenance class.

(F) Group Cycle class for family's. Children over 12 yo must be accompanied with adult.

(J) MORE Junior Class

(S) MORE Senior Class