

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30	GROUP CYCLE Stephen 45mins Group Cycle Studio	GROUP CYCLE Tara 45mins Group Cycle Studio	GROUP CYCLE Virtual 45mins Group Cycle Studio	GROUP CYCLE Virtual 45mins Group Cycle Studio	GROUP CYCLE Virtual 45mins Group Cycle Studio PUMP Paula 45min Sports Hall		
07.00			YOGA Mandy 60mins Riverside Room				
09.30	GROUP CYCLE Tara 45mins Group Cycle Studio AEROBICS (S) Jacquie 60mins Sports Hall	GROUP CYCLE Virtual 45mins Group Cycle Studio ZUMBA Paula 60mins Fitness Studio	GROUP CYCLE Elaine 45mins Group Cycle Studio	GROUP CYCLE Virtual 45mins Group Cycle Studio AEROBICS (S) Jacquie 60mins Sports Hall	GROUP CYCLE Stephen 45mins Group Cycle Studio STEP AND HOOP Jacquie 45mins Sports Hall	PUMP Paula 60min Sports Hall	GROUP CYCLE Virtual 45mins Group Cycle Studio
10.00		CORE STRENGTH Paula 30min Sports Hall					
10.30						GROUP CYCLE Jennifer 45mins Group Cycle Studio	GROUP CYCLE Jennifer 45mins Group Cycle Studio
10.45	LIVE LONG (S) 120mins Sports Hall			LIVE LONG (S) 120mins Sports Hall			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11.30					YOGA Jayne 60mins Riverside Room		
12.00		YOGA Jayne 60mins Riverside Room					
12.30	GROUP CYCLE Virtual 60mins Group Cycle Studio	GROUP CYCLE Virtual 60mins Group Cycle Studio	GROUP CYCLE Virtual 45mins Group Cycle Studio	GROUP CYCLE Virtual 45mins Group Cycle Studio	GROUP CYCLE Virtual 45mins Group Cycle Studio	GROUP CYCLE Virtual 45mins Group Cycle Studio	GROUP CYCLE Virtual 45mins Group Cycle Studio
			CIRCUITS Marty 45mins Sports Hall		KETTLEBELLS Marty 60mins Sports Hall		
			YOGA Jayne 60mins Riverside Room				
17.00				PUMP Paula 45mins Sports Hall	GROUP CYCLE Stephen 45mins Group Cycle Studio		
17.15			HIIT STEP Tara 30mins Sports Hall				
17.30	KETTLEBELLS Marty 30mins Sports Hall	PILATES Jane 60mins Riverside Room					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17.45		CIRCUITS Marty 45mins Sports Hall					
18.00	GROUP CYCLE Jennifer 45mins Group Cycle Studio	GROUP CYCLE Tara 45mins Group Cycle Studio	GROUP CYCLE Tara 45mins Group Cycle Studio	GROUP CYCLE Paula 45mins Group Cycle Studio	GROUP CYCLE Jennifer 45mins Group Cycle Studio		
	PILATES Helen 60mins Riverside Room		BOXFIT Tara 45mins Balcony Room		HITT STRENGTH Marty 30mins Sports Hall		
18.30			PILATES Karen 60mins Riverside Room	YOGA Mandy 60mins Riverside Room			
18.45	GROUP CYCLE Vicki 45mins Group Cycle Studio	YOGA Jayne 60mins Riverside Room	ZUMBA Annabella 45mins Group Cycle Studio	YOGA Mandy 60mins Riverside Room			
		COMBAT Marty 30mins Sports Hall					
19.15	PILATES Helen 60mins Riverside Room						

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
19.45	GROUP CYCLE Virtual 60mins Group Cycle Studio	GROUP CYCLE Virtual 60mins Group Cycle Studio	PILATES Helen 60mins Riverside Room	YOGA Mandy 60mins Riverside Room	GROUP CYCLE Virtual 60mins Group Cycle Studio		
20.00				AQUAFIT Janelle 45mins Swimming Pool			
21.00			PILATES Caroline 60mins Riverside Room	YOGA Jane 60mins Riverside Room			

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 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.

(J) MORE Junior Class

(S) MORE Senior Class