

	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 Tara 45mins Group Cycle Studio	GROUP CYCLE Virtual 45mins Group Cycle Studio		
07.00			YOGA Mandy 60mins Riverside Room				
09.30	GROUP CYCLE Tara 45mins Group Cycle Studio	GROUP CYCLE Virtual 45mins Group Cycle Studio	GROUP CYCLE Jonathan 45mins Group Cycle Studio	GROUP CYCLE Virtual 45mins Group Cycle Studio	GROUP CYCLE Jodie 45mins Group Cycle Studio	PUMP Paula 60min Sports Hall	
	AEROBICS (S) Jacquie 60mins Sports Hall	ZUMBA Paula 60mins Fitness Studio		AEROBICS (S) Jacquie 60mins Sports Hall	ZUMBA Daniela 60mins Sports Hall		
10.30		CORE STRENGTH Paula 30min Sports Hall				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 Catherine 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 CIRCUITS Paula 45mins Sports Hall PILATES Jo 60mins Riverside Room	GROUP CYCLE Virtual 45mins Group Cycle Studio	GROUP CYCLE Virtual 45mins Group Cycle Studio KETTLEBELLS Paula 45mins Sports Hall	GROUP CYCLE Virtual 45mins Group Cycle Studio	GROUP CYCLE Virtual 45mins Group Cycle Studio
17.00				PUMP Paula 45mins Sports Hall	GROUP CYCLE Stephen 45mins Group Cycle Studio		
17.30	KETTLEBELLS Marty 30mins Sports Hall	PILATES Natalie 60mins Riverside Room	Hiit STEP Tara 30mins Sports Hall				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17.45		CIRCUITS Marty 45mins Sports Hall		PILATES Natalie 60mins Studio			
18.00	GROUP CYCLE Jennifer 45mins Group Cycle Studio PILATES Helen 60mins Riverside Room	GROUP CYCLE Jodie 45mins Group Cycle Studio	BOXFIT Jennifer 45mins Balcony Room		GROUP CYCLE Jennifer 45mins Group Cycle Studio Hiit Circuits Tara 30mins Sports Hall		
18.15			GROUP CYCLE Tara 45mins Group Cycle Studio				
18.30			PILATES Jonathan 60mins Riverside Room ZUMBA John 60mins Group Cycle Studio				
18.45		YOGA Joey 60mins Riverside Room COMBAT Stephen 45mins Sports Hall					
19.00				YOGA Mandy 60mins Riverside Room			

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

19.15

PILATES

Helen
60mins
Riverside Room

19.45

GROUP CYCLE

Virtual
60mins
Group Cycle
Studio

PILATES

Jonathan
60mins
Riverside Room

GROUP CYCLE

Virtual
60mins
Group Cycle
Studio

20.00

GROUP CYCLE

Virtual
45mins
Group Cycle
Studio

GROUP CYCLE

Virtual
45mins
Group Cycle
Studio

AQUAFIT

Emily
45mins
Swimming Pool

GROUP CYCLE

Virtual
60mins
Group Cycle
Studio

20.15

YOGA

Mandy
60mins
Riverside Room

20.30

YOGA

Nikki
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.

(S) MORE Senior Class