

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	Early Circuit	Early Core					
08:00	Virtual Request 07:15 - 09:15	Virtual Request 07:15 - 09:15	Virtual Request 07:15 - 09:15	Virtual Request 07:15 - 08:15	Virtual Request 07:15 - 10:15	Full Force Fitness 08:00 - 09:45	Virtual Request 08:00 - 16:00
09:00				Senior Ladies 08:30 - 09:15			
10:00	Senior Ladies 09:30 - 10:15	Bodyblast 09:30 - 10:15	Boogie Bounce 09:30 - 10:15	Ignite 09:30 - 10:30		De-TURF dance 10:00 - 11:00	
11:00	Stretch and Relax 10:30 - 11:15	Baby Bounce Back 10:30 - 11:15	Senior Mens 10:30 - 11:30		Baby Bounce Back 10:30 - 11:15		Circuit 11:00 - 12:00
12:00	Virtual Request 12:00 - 17:45	Virtual Request 12:00 - 17:45	Virtual Request 12:00 - 18:00	Virtual Request 12:00 - 17:00	Low Impact Exercise	Virtual Request 12:00 - 15:45	
17:00		Kettlercise		Core			
19:00	Boogie Bounce	De-TURF dance 18:15 - 19:15	Circuits	Body Bar			
20:00	Indoor Cycling 19:00 - 19:45						
	Boxing 19:30 - 20:30	Legs, Bums, Tums 19:30 - 20:15	Zumba 19:15 - 20:15				
	Indoor Cycling 20:00 - 20:45						



2024 TIMETABLE

Classes are subject to change at short notice but every attempt will be made to stay upto date with the timetable.