


# GROUP FITNESS TIMETABLE

EFFECTIVE NOVEMBER 2024

## GROUP FITNESS & SPIN ROOMS

|         | Monday  | Tuesday   | Wednesday                                       | Thursday                              | Friday                               | Saturday                              | Sunday                               |
|---------|---|---|---|---------------------------------------|--------------------------------------|---------------------------------------|--------------------------------------|
| 5:45am  | FIT HIIT  | <b>LES MILLS</b><br><b>RPM SPIN</b>             | <b>LES MILLS</b><br><b>BODY PUMP</b>            | <b>LES MILLS</b><br><b>RPM SPIN</b>   | FIT HIIT                             |                                       |                                      |
| 7:15am  |   |   |   | VINYASA<br>YOGA                       |                                      | <b>LES MILLS</b><br><b>RPM SPIN</b>   |                                      |
| 7:30am  |   |   |   |                                       |                                      | <b>LES MILLS</b><br><b>BODYCOMBAT</b> |                                      |
| 8:00am  |  |   | LIFESTYLE<br>GROUP CIRCUIT                      |                                       | LIFESTYLE<br>GROUP CIRCUIT           |                                       |                                      |
| 8:15am  |   |   |   |                                       |                                      |                                       | <b>LES MILLS</b><br><b>BODY PUMP</b> |
| 9:15am  | <b>LES MILLS</b><br><b>BODY PUMP</b>  | <b>LES MILLS</b><br><b>RPM SPIN</b><br>FIT HIIT | <b>LES MILLS</b><br><b>BODYSTEP</b>             | FIT HIIT                              | <b>LES MILLS</b><br><b>BODY PUMP</b> |                                       | FREE FLOW<br>YOGA                    |
| 10:15am | YIN<br>YOGA   | VINYASA<br>YOGA                                 | VINYASA<br>YOGA                                 | PILATES                               | VINYASA<br>YOGA                      |                                       |                                      |
| 4:30pm  |   | PILATES   |   |                                       |                                      |                                       |                                      |
| 5:30pm  | <b>LES MILLS</b><br><b>RPM SPIN</b><br><b>LES MILLS</b><br><b>BODYSTEP</b>        | <b>LES MILLS</b><br><b>BODY PUMP</b>            | <b>LES MILLS</b><br><b>RPM SPIN</b><br>FIT HIIT | <b>LES MILLS</b><br><b>BODYCOMBAT</b> | <b>LES MILLS</b><br><b>RPM SPIN</b>  |                                       |                                      |
| 6:30pm  |   | HATHA<br>YOGA                                   |   | YIN<br>YOGA                           |                                      |                                       |                                      |

### CLASS DURATIONS

#### GROUP FITNESS ROOMS

|             |         |
|-------------|---------|
| BODY COMBAT | 45 mins |
| BODY PUMP   | 45 mins |
| BODY STEP   | 45 mins |
| RPM/SPIN    | 45 mins |
| YOGA        | 60 mins |
| PILATES     | 45 mins |
| FIT HIIT    | 45 mins |
| LIFESTYLE   | 45 mins |
| ZUMBA GOLD  | 50 mins |

#### AQUATIC FITNESS

|           |         |
|-----------|---------|
| SWIM FIT  | 60 mins |
| AQUA FIT  | 50 mins |
| LIFESTYLE | 50 mins |

**\*CLASS TIMETABLE  
SUBJECT TO CHANGE.**

Please make sure you arrive at each class at least 5 minutes before the starting time. Instructors will not allow entry to any latecomers. This helps to ensure all classes continue to run on time and don't impact later sessions.

We ask all attendees to bring towels to each class and to wipe down equipment using provided sanitisation products after use.

## AQUATIC FITNESS

|        | Monday     | Tuesday           | Wednesday  | Thursday          | Friday   | Saturday | Sunday |
|--------|------------|-------------------|------------|-------------------|----------|----------|--------|
| 6:00am | SWIM FIT   |                   | SWIM FIT   |                   | SWIM FIT |          |        |
| 8:00am | AQUA FIT   | AQUA FIT          | AQUA FIT   | AQUA FIT          | AQUA FIT |          |        |
| 9:00am | AQUA ZUMBA | LIFESTYLE<br>AQUA | AQUA ZUMBA | LIFESTYLE<br>AQUA |          |          |        |