

MORNING CLASS TIMETABLE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT 06:45-07:30	GROUP CYCLING 06:40-07:25	CIRCUITS 06:45-07:30	**ADULT GYMNASTICS 06:45-07:30	BODY CONDITIONING 06:45-07:30	GROUP CYCLING 08:00-08:45	GROUP CYCLING 09:15-10:15
AQUA FIT 09:15-10:00	GROUP TRAINING 09:30-10:15	GROUP CYCLING 09:15-10:00	KETTLEBELLS & CORE 09:30-10:15	PILATES 06:45-07:30	LBT 09:00-10:00	FITNESS YOGALATES 10:30-11:30
LBT 09:30-10:30	PUMP & TONE 09:30-10:30	LADIES GROUP TRAINING 09:30-10:15	GROUP TRAINING 09:30-10:15	PUMP & TONE 09:30-10:30		
ZUMBA 09:30-10:30	LEGS,BUMS & MUMS 09:30-10:30	IMPROVERS TAI CHI QIGONG 09:15-10:15	PILATES 09:30-10:30	PURE STRETCH 09:30-10:30		
GROUP TRAINING 10:45-11:30	SENIOR BODY CONDITIONING 10:45-11:45	BEGINNERS TAI CHI QIGONG 11:00-12:00	PILATES & STRETCH 10:30-11:30	PURE STRETCH 10:45-11:45		
CHAIR FIT CLASS 10:45-11:15	LADIES STRENGTH TRAINING **10:45-11:30	PILATES BEGINNERS 10:30-11:30	SENIOR BODY CONDITIONING 10:30-11:30	LADIES STRENGTH TRAINING ** 10:30-11:30		
SENIOR BODY CONDITIONING 11:30-12:30	PILATES BEGINNERS 11:15-12:15	PILATES LEVEL 1 & 2 11:30-12:30		CHAIR FIT 11:45-12:15		
BEGINNER GROUP TRAINING 11:45-12:30		AQUATHERAPY 11:00-11:45		AQUA FIT 12:15-13:00		
		AQUA FIT 12:15-13:00				

-  **Cardio**
-  **Strength**
-  **Low Impact**
-  **High Intensity**
-  **GP REFERRAL ONLY**

****ADULT GYMNASTICS, LADIES STRENGTH TRAINING AND XTREME FIT ARE DOWN AT RIVERSMEET PERFORMANCE**

CLASS DESCRIPTIONS. SCAN ME!



EVENING CLASS TIMETABLE 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LBT 18:00-19:00	PILATES 17:00-18:00	ZUMBA 18:00-19:00	GROUP CYCLING 18:00-18:45	GROUP CYCLING 18:30-19:15
PILATES 18:00-19:00	GROUP CYCLING 18:00-18:45	HIIT 18:00-19:00	LBT 18:00-19:00	STRONG NATION 18:00-19:00
PILATES 19:00-20:00	BODY CONDITIONING 18:00-19:00	GROUP CYCLING 19:00-19:45	GROUP TRAINING 18:30-19:15	CLUBBERCISE 19:00-20:00
CIRCUITS 19:00-19:45	PILATES 18:00-19:00	**XTREME FIT 19:00-20:00	GROUP CYCLING 19:00-20:00	
GROUP CYCLING 19:00-19:45	CIRCUITS 19:15- 20:00	CLUBBERCISE 19:10-20:10		
AQUA FIT 19:15-20:00		CIRCUITS 20:15-21:00		
GENTLE STRECTH 20:00-21:00				

- Cardio**
- Strength**
- Low Impact**
- High Intensity**

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CLASS DESCRIPTIONS. SCAN ME!

