

Group Fitness Timetable

Autumn 2025

Group Fitness (all sessions 60mins)		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	HIIT		HIIT		HIIT		
	9:30am	Senior Strength	Senior Strength	Senior Strength	Senior Strength	Strength Circuit		
	10:30am		Zumba		Body Balance	Pilates		
	12:00pm	HIIT	HIIT	Pilates	HIIT	HIIT		

Pool (all sessions 50mins)		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00am			Aqua Aerobics				
	2:00pm	Aqua Aerobics	Aqua Aerobics		Aqua Aerobics			