

Monday

Circuits 07:30 - 08:15
Pilates 08:15 - 09:15
Dance Fit 09:30 - 10:15
Circuits 09:30 - 10:15
Aqua HIIT 10:00 - 10:45
Dance Fit 10:15 - 11:00
Beginners Spin 11:15 - 11:45
Tennis Level 1 11:30 - 12:30
Tennis Level 2 12:30 - 13:30
Tennis Level 3 13:30 - 14:30
Circuits 18:00 - 18:45
Hatha Yoga 18:00 - 19:00
Yin Yoga 19:00 - 20:00
Full Body Conditioning 19:15 - 19:45

Tuesday

Lower Body Blast 07:45 - 08:15
Hatha Yoga 08:15 - 09:15
Improve your swimming 09:00 - 10:00
HIIT 09:30 - 10:15
Dance Fit 09:30 - 10:15
Improve your Swimming 10:00 - 11:00
Beginners workout 11:00 - 11:45
Tai Chi 11:00 - 12:00
Tennis Level 3 11:30 - 12:30
Tennis Level 2 12:30 - 13:30
Pilates 12:30 - 13:30
Tennis Level 1 13:30 - 14:30
Dance Method 14:00 - 15:00
HIIT 18:00 - 18:30
Pilates 18:00 - 19:00
Recovery and Mobilise 19:15 - 19:45

Wednesday

Spin Sunrise 08:00 - 08:30
Full Body conditioning 09:30 - 10:15
The Cardio dancefit 09:00 - 09:45
The Cardio dancefit 10:00 - 10:45
Aqua HIIT 10:00 - 10:45
Tennis Level 1 10:30 - 11:30
Pilates 11:00 - 12:00
Recovery and Mobilise 11:30 - 12:00
Tennis Level 2 11:30 - 12:30
Hatha Yoga 12:15 - 13:15
Cardio Tennis 12:30 - 13:30
Tennis Level 3 13:30 - 14:30
Ab Attack 18:00 - 18:30
Late night weights 19:15 - 19:45

Gym Class Timetable 2025

Thursday

Ab Attack 07:45 - 08:15
Pilates 08:15 - 09:00
Circuits 09:30 - 10:15
Zumba 09:15 - 10:00
Aqua Fusion 09:30 - 10:15
Zumba 10:15 - 11:00
Beginners spin 11:15 - 11:45
Hatha Yoga 12:30 - 13:30
Pilates 14:00 - 15:00
Upper Body Blast 18:00 - 18:30
Hatha Vinyasa Yoga 18:15 - 19:15
Recovery and Mobilise 19:15 - 19:45

Friday

Get Diced! 08:00 - 08:45
HIIT 09:30 - 10:15
Mov'HER 09:00 - 09:45
Mov'HER 10:00 - 10:45
Tennis Level 3 10:30 - 11:30
Beginners Workout 11:00 - 11:45
Pilates 11:00 - 12:00
Tennis Level 2 11:30 - 12:30
Hatha Yoga 12:15 - 13:15
Tennis Level 1 12:30 - 13:30
HIIT 18:00 - 18:45
Get Diced! 19:15 - 19:45

Saturday

Spin sunrise 08:00 - 08:45
The cardio Dancefit 09:00 - 10:00
Xtreme Fitness 09:30 - 10:30
Aqua Fusion 09:30 - 10:15
Hatha Vinyasa Yoga 10:45 - 11:45
Pilates 12:00 - 13:00
HIIT 13:15 - 13:45

Sunday

Sunday Spin 09:00 - 09:45
Pilates 10:15 - 11:15
HIIT 10:30 - 11:00
Beginners Workout 11:30 - 12:15
Yin Yoga 19:00 - 20:00