




South East
Leisure



Group Fitness Timetable

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	9am Aqua Movers		9am Aqua Movers	8:45am Lite Pace Fitness	8:15am Iyengar Yoga	9am Masala Bhangra
9am Aqua Fit	9:30am Lite Pace Fitness		9:30am Aqua Fit	9am Aqua Fit	9:30am BodyPump	
9:30am Lite Pace Fitness	10am Aqua Movers	9:15am Aqua Movers	9:30am Lite Pace Fitness	10am Aqua Movers		
9:30am Body Step	10:15am Yogalates	9:30am Iyengar Yoga	10am Aqua Movers	10:30am Tai Chi Qi Gong		
10am Aqua Movers	11:30am Aqua Movers	10:15am Lite Pace Fitness	10:30am Yoga	11am Aqua Movers		
	5:45pm Boxing	11:15am Aqua Movers	11am Aqua Movers	<h2>Facility Guide</h2> <ul style="list-style-type: none"> - Functional Training Studio - Function Room 1 - Group Fitness Studio - Circuit Room - 50m Pool - Hydrotherapy Pool - RPM 		
	6:30pm Zumba					
6:15pm Circuit/Functional Circuit	6:30pm Aqua Fun	6:15pm Circuit/Functional Circuit	6:15pm Boxing			
6:15pm Aqua Fun	6:30pm Circuit/Functional Circuit	6:15pm Aqua Fun	6:30pm Aqua Fun			
7pm Boxing	6:30pm RPM	7:15pm RPM	7:30pm Stretch/Relax			
7:30pm Yoga	7:30pm Classical Pilates					