

Group Fitness Timetable

Monday

10.00am - 11.00am	Mature Circuits
6.00pm - 6.45pm	Pilates*
6.30pm - 7.30pm	Circuits and Abs
7.30pm - 8.30pm	Yoga**

Tuesday

7.00pm - 8.00pm	Zumba*
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Wednesday

6.00pm - 7.00pm	FitFlex
7.30pm - 8.30pm	Yoga**

Thursday

6.30pm - 7.30pm	Body Tone
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Friday

9.30am - 10.15am	Pilates*
6.00pm - 7.00pm	Circuits and Abs

Saturday

10.00am - 11.00am	WillPower & Grace*
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Sunday

10.00am - 11.00am	Sunday Fitness Bootcamp
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* External Classes
Free/discounted rate to members

** External Classes
Additional cost to members

Pay & Play Sessions

Tuesday	6.00pm - 7.00pm	Roller Skating
Friday	6.00pm - 9.00pm	Table Tennis
Sunday	9.00am - 10.00am	Walking Football

