

Group Fitness Timetable

Starting 10/02/25

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Sunday |
|---------|--------------|--------------------|--------------|------------------|--------------|--------------|
| 6.15am | | | | | | |
| 7.15am | | | | Aqua Fitness | Aqua Fitness | |
| 8.15am | | | | | | |
| 8.30am | | Curly and Crunches | Aqua Fitness | Stretch and Flex | | Aqua Fitness |
| 9.30am | Aqua Fitness | Aqua Zumba/HIIT | Aqua Fitness | Aqua Fitness | | |
| 10.30am | | Aqua Fitness | | Aqua Fitness | | |
| 5.45pm | | | | | Aqua Fitness | |

Aqua Fitness - A 45-minute low impact but high intensity water aerobics class designed to improve flexibility, range of motion, strength, and cardiovascular endurance.

Aqua Zumba/HIIT - A 45 minute Aqua class with a mix of Zumba and HIIT tracks

Curly and Crunches - Medium intensity upper body and core workout using weights and body weight

Stretch and Flex - Enjoy a light class working on your flexibility, balance, core strength and stability.