

GROUP FITNESS TIMETABLE

STUDIO 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.15am	Pump	Attack	Pump	Attack	Pump		
	7.15am		Zumba		Zumba			
	8.00am					Recovery		
	8.15am						Attack	Pump
	9.00am		Mat Pilates					
	9.15am			Zumba Gold		Zumba Gold	Zumba	
	10.00am		Active Movers		Active Movers			
	10.15am						Power Yoga	Power Yoga
	6.00pm	Pump	Pump	Pump	Pump			
	7.00pm	Zumba	Attack	Zumba	Attack			

STUDIO 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.15am		Boxing		Boxing			
	7.15am	Power Yoga		Power Yoga		Power Yoga		
	8.15am						Mat Pilates	
	9.00am		Mat Pilates		Mat Pilates			
	9.15am						Vinyasa Flow	Vinyasa Flow
	10.00am							
	10.15am						Mat Pilates	Mat Pilates
	6.00pm	Boxing				Yin Yoga		
	7.00pm	Vinyasa Flow	Boxing	Mat Pilates	Boxing			
	7.45pm			Mat Pilates				
	8.00pm		Yin Yoga		Vinyasa Flow			

STUDIO 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.15am	Reformer Power Hour	Reformer Power Hour	Reformer Power Hour	Reformer Power Hour	Reformer Power Hour		
	7.15am	Reformer Power Hour	Reformer Power Hour	Reformer Power Hour	Reformer Power Hour	Reformer Power Hour		
	8.15am	Reformer Power Hour		Reformer Power Hour	Reformer Power Hour	Reformer Power Hour	Reformer Power Hour	Reformer Power Hour
	9.15am	Reformer Balance & Core	Reformer Balance & Core	Reformer Balance & Core	Reformer Balance & Core	Reformer Balance & Core	Reformer Power Hour	Reformer Power Hour
	10.00am							
	10.15am						Reformer Power Hour	Reformer Power Hour
	11.15am						Reformer Balance & Core	Reformer Balance & Core
	6.00pm	Dynamic Reformer	Dynamic Reformer	Dynamic Reformer	Dynamic Reformer	Dynamic Reformer		
	7.00pm	Dynamic Reformer	Dynamic Reformer	Dynamic Reformer	Dynamic Reformer	Dynamic Reformer		
	8.00pm	Dynamic Reformer	Dynamic Reformer	Dynamic Reformer	Dynamic Reformer			

POOL		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8.00am	Aqua Aerobics		Aqua Aerobics				
	8.15am						Aqua Aerobics	Aqua Aerobics
	9.00am	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics		
	9.15am							Aqua Aerobics
	7.30pm				Aqua Aerobics			

CIRCUIT		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.15am	HIIT	Strength & Conditioning	HIIT	Strength & Conditioning	HIIT		
	9.00am						HIIT	Strength
	10.00am	Active Adults		Active Adults		Active Adults		
	6.00pm	Strength	HIIT	Strength	HIIT			

PLEASE NOTE - This timetable is subject to change. For the most up to date version of our timetable, visit our website.

CLASS DESCRIPTIONS

AQUA AEROBICS

A full-body workout designed to gently improve strength, cardiovascular fitness, core stability, and overall fitness. Performed in the supportive environment of the pool and set to motivating music, this class reduces the impact on joints while allowing greater range of movement than on land. Perfect for all fitness levels, it's an energising and enjoyable way to move your body.

ACTIVE ADULTS

A strength and fitness class tailored to help you maintain independence and vitality in daily life. Improve muscle strength, range of motion, and overall functional fitness through a variety of exercises — including circuit-style sessions where you can move at your own pace, connect with others, and enjoy staying active.

BODY PUMP

A pre-choreographed weights to music class using plates and barbells. One of the most popular classes in the world! If you don't have time to do your own weights program, step right up to this class and enjoy an exhilarating total body workout.

ADRENALINE HIIT

Adrenaline is a structured workout that is designed to push you to your limits to help you achieve your results FAST. Adrenaline involves a combination of Functional Training & High Intensity Interval Training. In Adrenaline this is a massive emphasis on teaching movements, doing the workout, then beating your own score.

ACTIVE MOVERS

A fun, low-impact workout set to uplifting music, designed to improve balance, coordination, flexibility, and cardiovascular fitness. Perfect for those looking to stay active, mobile, and energised in a friendly, supportive environment.

ADRENALINE STRENGTH

Combining weight training and metabolic conditioning to improve your strength and enhance your performance - teaching you how to move more efficiently and perform better both in training and everyday life. Classes will include mobility, strength and a metabolic conditioning workout to help build and maintain lean muscle, and increase strength, metabolism and overall fitness levels.

ADRENALINE STRENGTH & CONDITIONING

Designed to build strength, increase endurance, and improve overall fitness. Use weights, resistance bands, and bodyweight exercises with modifications and progressions provided for all fitness levels. Leave feeling stronger and more energised with a full body workout.

BODY ATTACK

A pre-choreographed high intensity workout which is both very simple and extremely effective. High in inspiration and athleticism to improve your co-ordination and stamina whilst helping you achieve your fitness goals.

BOXING

A fun and interactive high-energy class including a variety of boxing exercises, sequences and techniques. Open to experienced boxers and those who have never boxed before, the class is designed to improve your fitness, strength and confidence.

POWER YOGA

Power Yoga combines advanced sequencing, challenging postures, and continuous flow to build strength, stamina, and flexibility. Expect minimal rest, powerful transitions, and an invigorating pace that tests both body and mind, leaving you energised and empowered.

REFORMER POWER HOUR

A high-energy Reformer session designed to make the most of every minute. This class focuses on building total-body strength with a strong emphasis on the core, glutes, and upper body. Expect brisk transitions, minimal rest, and progressive resistance to challenge your muscles and elevate your heart rate. Perfect for those who want a serious workout in a compact timeframe, leaving you feeling strong, accomplished, and ready to tackle the day.

Best for: Intermediate to advanced participants who enjoy a faster pace and a strength focus.

REFORMER BALANCE & CORE

This class blends Reformer Pilates principles with targeted balance and core work to improve stability, posture, and body awareness. Movements are slower and more deliberate, with an emphasis on controlled breathing and proper alignment. Great for building functional strength, enhancing everyday movement, and reducing the risk of injury. Best for: All levels, especially those seeking improved stability, postural control, and core endurance.

DYNAMIC REFORMER

A lively, mixed-format Reformer class combining strength, mobility, and endurance training in one session. Expect a combination of flowing sequences, powerful resistance moves, and bursts of energy to keep both the body and mind engaged. No two classes are the same, so you'll always be challenged in new ways. Best for: Participants who like variety, enjoy being surprised with new combinations, and want a balanced workout that targets every muscle group.

MAT PILATES

Combines Mat Pilates with bodyweight exercises, and targeted muscle activation to help you get the most out of your workout. If you have difficulty activating your core and/or glutes, this is the class for you. You will feel the burn. Welcome to all levels of experience. Expect a challenge but also a better understanding of your body.

YIN YOGA

A meditative, floor-based practice where postures are held for several minutes to target deep connective tissues, release tension, and improve joint mobility. Yin yoga promotes relaxation, flexibility, and balance in both body and mind. Ideal for all levels, especially those needing a gentle, restorative session.

ZUMBA GOLD

This class is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The design of the class introduced easy to follow Zumba choreography that focuses on balance, range of motion and coordination.

VINYASA YOGA FLOW

An energising practice linking breath to movement in a continuous flow. Vinyasa yoga builds strength, flexibility, and balance while providing a moving meditation that leaves you feeling both invigorated and centred. Best suited to those who enjoy a dynamic, faster-paced class.

RECOVERY & RELAXATION

Engage in a comprehensive full-body stretching routine coupled with a relaxation segment designed to enhance flexibility, alleviate stress, and boost recovery for improved performance.