

Healthy Living Centre

Fitness Timetable - week commencing 25th November 2024

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
6.45am	Indoor Cycling	6.45am	Indoor Cycling	6.30am	HIIT Circuit	6.30pm	Indoor Cycling	10.00am	Indoor Cycling	10.00am	Indoor Cycling
10.00am	Indoor Cycling	12.15pm	Aquacise	10.00am	Indoor Cycling	7.00pm	Outswimming Cancer	12.00pm	Aquacise		
12.00pm	Aquacise	12.15pm	Indoor Cycling	12.00pm	Aquacise			6.45pm	Indoor Cycling	Sunday	
6.00pm	Indoor Cycling	6.00pm	Indoor Cycling	1.15pm	Parent and Baby Group			8.00pm	Aquacise	10.00am	Indoor Cycling
7.00pm	Indoor Cycling			5.30pm	Indoor Cycling						
7.30pm	Aquacise										

Cardio/Aerobic	Water Based Cardio Aerobic	Health Related Session
Indoor Cycling	Power/Strength Session	Mind and Body Session

Please note: Classes can be subject to change. We will attempt to inform you of any changes as soon as possible but this may not always be possible at short notice.