

Healthy Living Centre Fitness Timetable

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
6.45am	Indoor Cycling	6.45am	Indoor Cycling	6.30am	HIIT Circuit	10.00am	Body Pump	10.00am	Indoor Cycling	9.00am	Body Burn
9.30am	Ballet Fit	9.15am	Full Body Workout	9.15am	Zumba Gold	11.00am	Zumba	10.00am	Ballet Fit	10.00am	Indoor Cycling
10.00am	Indoor Cycling	10.15am	Yoga	10.00am	Indoor Cycling	1.15pm	Move It Mums	11.00am	Dancefit	10.00am	Yoga
10.30am	Pilates	11.15am	Dancefit	11.00am	Fitball	5.30pm	Pilates	12.00pm	Aquacise	11.00am	Box Fit
11.30am	Legs, Bums, Tums	12.15pm	Aquacise	12.00pm	Aquacise	6.30pm	Indoor Cycling	12.30pm	Chair Based		
12.00pm	Aquacise	12.15pm	Indoor Cycling	2.00pm	Low Impact Aerobics	6.30pm	Rockbox	5.30pm	Power Yoga		
1.30pm	Falls Prevention	1.15pm	Stretch and Tone	5.30pm	Indoor Cycling	7.30pm	Legs, Bums, Tums	6.45pm	Indoor Cycling		
5.15pm	HIIT	2.15pm	Dancing With Dementia	5.30pm	Shabumba			8.00pm	Aquacise		
6.00pm	Indoor Cycling	5.30pm	Zumba	6.45pm	Circuit						
6.15pm	Pilates	6.00pm	Indoor Cycling	8.00pm	Body Pump						
7.00pm	Indoor Cycling	6.30pm	Body Combat								
7.15pm	Rockbox	7.30pm	Yoga								
7.30pm	Aquacise										

Sunday	
9.30am	Yoga
10.00am	Indoor Cycling
11.00am	Legs, Bums, Tums
5.00pm	Body Pump
6.00pm	Body Combat

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.