

# 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	Legs, Bums, Tums	12.00pm	Aquacise		
11.15am	Legs, Bums, Tums	12.15pm	Aquacise	12.00pm	Aquacise	6.30pm	Indoor Cycling	12.30pm	Chair Based		
12.00pm	Aquacise	12.15pm	Indoor Cycling	1.15pm	Parent and Baby Group	6.30pm	Rockbox	5.30pm	Yoga		
1.30pm	Falls Prevention	12.15pm	Pilates	5.30pm	Indoor Cycling	7.00pm	Outswimming Cancer	6.45pm	Indoor Cycling		
5.15pm	HIIT	1.15pm	Stretch and Tone	5.30pm	Shabumba	7.30pm	Somatic Stretch	8.00pm	Aquacise		
6.00pm	Indoor Cycling	2.15pm	Dancing With Dementia	6.45pm	Circuit						
6.15pm	Pilates	5.30pm	Zumba	8.00pm	Body Pump					9.30am	Yoga
7.00pm	Indoor Cycling	6.00pm	Indoor Cycling							10.00am	Indoor Cycling
7.15pm	Rockbox	6.30pm	Body Combat							11.00am	Legs, Bums, Tums
7.30pm	Aquacise	7.30pm	Yoga							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.



