

Healthy Living Centre Fitness Timetable

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
9.30am	Ballet Fit	6.45am	Indoor Cycling	6.30am	HIIT Circuit	9:15am	Rockbox	10.00am	Indoor Cycling	9.00am	Body Burn
10.00am	Indoor Cycling	9.15am	50+ LBT	9.15am	Zumba Gold	10.15am	Barbell Shred	9.15am	Stretch and Tone	10.00am	Indoor Cycling
10.30am	Pilates	10.15am	Yoga	10.00am	Indoor Cycling	1.15pm	Move It Mums	10.00am	Ballet Fit	10.00am	Yoga
11.15am	Legs, Bums, Tums	11.15am	Dancefit	11.00am	Fitball	5.30pm	Legs, Bums, Tums	11.00am	Dancefit		
12.00pm	Aquacise	12.15pm	Aquacise	12.00pm	Aquacise	6.30pm	Indoor Cycling	12.00pm	Aquacise		
1.30pm	Falls Prevention	12.15pm	Indoor Cycling	1.30pm	Falls Prevention	6.30pm	Rockbox	12.30pm	Chair Based		
2.30pm	Out Moving Cancer	12.15pm	Pilates	5.30pm	Indoor Cycling	7.00pm	Outswimming Cancer	6.00pm	Yoga		
5.30pm	HIIT	1.15pm	Stretch and Tone	5.30pm	Shabumba	7.30pm	Somatic Stretch	6.15pm	Indoor Cycling		
6.00pm	Indoor Cycling	2.15pm	Dancing With Dementia	6.45pm	Circuit			8.00pm	Aquacise		
6.15pm	Pilates	5.30pm	Zumba	8.00pm	Body Pump						
7.00pm	Indoor Cycling	6.00pm	Indoor Cycling								
7.15pm	Dancefit	6.30pm	Body Combat								
7.30pm	Aquacise	7.30pm	Yoga								

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.