



Healthy Living Centre Junior Fitness Timetable

Monday	
7.00am	Virtual Reality Indoor Cycling
10.00am	Indoor Cycling
12.00pm	Aquacise
4.30pm	Junior Gym
6.00pm	Indoor Cycling
7.00pm	Indoor Cycling
7.15pm	Rockbox
7.30pm	Aquacise

Tuesday	
6.45am	Indoor Cycling
11.15am	Dancefit
12.15pm	Aquacise
12.15pm	Indoor Cycling
4.30pm	Junior Gym
6.00pm	Indoor Cycling

Wednesday	
7.00am	Virtual Reality Indoor Cycling
10.00am	Indoor Cycling
12.00pm	Aquacise
4.30pm	Junior Gym
5.30pm	Indoor Cycling

Thursday	
6.45am	Indoor Cycling
9.15am	Virtual Reality Indoor Cycling
4.30pm	Junior Gym
6.30pm	Indoor Cycling
6.30pm	Rockbox

Friday	
10.00am	Indoor Cycling
11.00am	Dancefit
12.00pm	Aquacise
4.30pm	Junior Gym
6.45pm	Indoor Cycling
7.45pm	Aquacise

Saturday	
9am-12pm	Family Fit
10.00am	Indoor Cycling
11am	Junior Gym

Sunday	
9am-12pm	Family Fit
10.00am	Indoor Cycling
10.30am	Junior Gym
2.00pm	Junior Gym

Junior Gym Ages 10-13	Family Fit Aged 8+	Fitness Class Ages 14+
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N.B all fitness classes are as per the usual fitness timetable and open to all members aged 14+ not just juniors.