

GROUP EXERCISE TIMETABLE 2025

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| **Monday** |
| 07:00 – 07:30 | Functional Fitness | Gym Team | Fitness Suite |
| 08:00 – 08:45 | Les Mills Body Pump | Sarah | Keene  |
| 09:00 – 09:30 | Indoor Cycling | Sarah | Dance |
| 09:30 – 10:15 | Les Mills Tone | Monica | Keene |
| 09:45 – 10:30 | Suspension Training | Sarah | Archery |
| 10:20 – 11:20 | Pilates | Monica | Dance |
| 12:00 – 13:15 | Yoga | Gemma | Keene |
| 18:00 – 19:00 | Bootcamp | Ffion | Archery |
| 18:00 – 18:45 | Les Mills Body Combat | Monica | Dance |
| 18:30 – 19:15 | Indoor Cycling | Gemma | Keene |
| 18:50 – 19:50 | Les Mills Body Balance | Monica | Dance |
| 19:15 – 19:45 | Kettlebell Strength | Ffion | Archery |
| 19:30 – 20:45 | Yoga | Gemma | Keene |
| **Tuesday** |
| 07:00 – 07:30 | Functional Fitness | Gym Team | Fitness Suite |
| 07:00 – 08:00 | Pilates | Sam | Keene |
| 08:00 – 09:00 | Pilates | Sam | Keene |
| 09:00 – 09:45 | Aqua Aerobics | Lynette | Pool |
| 09:00 – 09:30 | Functional Fitness | Gym Team | Fitness Suite |
| 09:00 - 09:45  | Legs, Bums & Tums | Sam | Dance |
| 09:30 – 10:15 | Les Mills Body Combat | Monica | Keene |
| 09:35 – 10:20 | Suspension Training | Helen | Archery |
| 10:30 – 11:00 | Les Mills Core | Dana | Keene |
| 10:30 – 11:30 | Pilates | Monica | Gymnasium |
| 10:30 – 11:15 | Kettlebells | Melissa | Archery |
| 11:30 – 12:30 | Mobility and Movement  | Melissa | Keene |
| 18:00 – 18:30 | Functional Fitness | Gym Team | Archery |
| 18:00 – 18:45 | Zumba | Louise | Hospitality |
| 18:00 – 18:45 | Indoor Cycling | Helen | Dance |
| 18:45 – 19:30 | Kettlebells | Tim | Keene |
| 19:00 – 20:15 | Yoga | Helen | Dance |
| **Wednesday** |
| 07:00 – 07:30 | Functional Fitness | Gym Team | Fitness Suite |
| 09:15 – 10:15 | Les Mills Body Pump | Sam | Keene |
| 09:30 – 10:30 | Pilates | Monica | Dance |
| 10:35 – 11:20 | Les Mills Tone | Monica | Keene |
| 11:30 – 12:45 | Yoga | Petra | Dance |
| 11:30 – 12:30 | Pilates | Monica | Keene |
| 18:00 – 18:45 | Circuits | Dana | Dance |
| 18:00 – 18:45 | Suspension Training | Helen | Archery |
| 18:55 – 19:25 | Les Mills Core | Dana | Dance |
| 19:00 – 19:45 | Indoor Cycling | Helen | Keene |
| **Thursday** |
| 07:00 – 07:30 | Functional Fitness | Gym Team | Fitness Suite |
| 09:00 – 09:30 | Indoor Cycling | Angie | Keene |
| 09:00 – 09:30 | Functional Fitness | Gym Team | Fitness Suite |
| 09:00 – 09:45 | Aqua Aerobics | Laura | Pool |
| 09:30 – 10:15 | Kettlebell Strength | Tim | Archery |
| 09:45 – 10:30 | Les Mills Tone | Angie | Keene |
| 10:30 – 11:30  | Pilates | Sam | Dance |
| 10:30 – 11:15 | Les Mills Body Pump | Angie | Keene |
| 11:30 – 12:30  | Pilates | Gemma | Dance |
| 11:30 – 12:30 | Les Mills Body Balance | Monica | Keene |
| 18:00 – 19:00 | Pilates | Monica | Gymnasium |
| 18:00 – 18:45 | Les Mills Body Pump | Dana | Keene |
| 18:30 – 19:15 | Indoor Cycling | Gemma | Dance |
| 18:30 – 19:30  | Beginner Run Club | Melissa | Outdoor |
| 19:30 – 20:45 | Yoga | Gemma | Keene |
| **Friday** |
| 07:00 – 07:30 | Functional Fitness | Gym Team | Fitness Suite |
| 09:00 – 09:30 | Functional Fitness | Gym Team | Fitness Suite |
| 09:30 – 10:30 | Pilates | Monica | Keene |
| 10:15 – 11:00 | Indoor Cycling | Helen | Dance |
| 10:30 – 11:30 | Les Mills Body Balance | Monica | Keene |
| 18:10 – 18:55 | Suspension Training | Dana | Archery |
| 19:00 – 19:30 | Functional Fitness | Gym Team | Fitness Suite |
| **Saturday** |
| 08:30 – 09:15 | Les Mills Body Pump | Dana | Keene |
| 09:00 - 09:30 | Functional Fitness | Gym Team | Fitness Suite |
| 09:35 – 10:20 | Indoor Cycling | Helen | Keene |
| 10:30 – 11:15 | Suspension Training | Helen | Archery |
| **Sunday** |
| 08:30 – 09:30 | Les Mills Body Balance | Monica | Keene |
| 09:30 – 10:15 | Les Mills Body Combat | Monica | Keene |
| 10:20 – 11:20 | Pilates | Monica | Keene |