

MULTIPURPOSE STUDIO							
DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:05AM	Yoga (Gentle Flow)	Tai Chi (Advanced)	Tai Chi	Tai Chi (Beginner)	Tai Chi		
9:30AM	Yoga (Yin Yang)	Yoga (Kundalini)	Yoga (Gentle Flow)	Yoga (Kundalini)		Yoga (Vinyasa)	
10:30AM						Yoga (Yin)	
10:45AM		Yoga (Chair)		Qigong			
12:00PM			Yoga (Gentle Flow)				
4:00PM							Yoga (Yin)
6:00PM	Yoga (Vinyasa)	Yoga (Power Flow)	Yoga (Hatha)	Yoga (Yin Yang)	Yoga (Vinyasa)		
7:15PM		Yoga (Yin)		Yoga (Yin)			

CYCLE STUDIO							
DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:05AM	Sprint	Group Cycle	Spin	Spin			
7:05AM	RPM	Sprint	RPM	Sprint	RPM	RPM	
9:15AM	Spin	Spin	Group Cycle	Group Cycle	Group Cycle	RPM	Group Cycle
10:15AM	RPM					Spin	
12:15PM		RPM					RPM
5:15PM	Group Cycle	RPM	Sprint	RPM	Sprint		
6:15PM	RPM	RPM	Sprint	RPM	RPM		
7:15PM	Sprint	RPM	Sprint				



GROUP FITNESS TIMETABLE

AUTUMN/WINTER 2023
EFFECTIVE FROM MONDAY 17 APRIL



DOWNLOAD THE ACTIVE WORLD APP TO BOOK YOUR GROUP FITNESS CLASSES

YAWA.
AQUATIC CENTRE

REFORMER PILATES STUDIO

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15AM	Reformer Intermediate	Reformer	Reformer	Reformer	Reformer		
7:15AM	Reformer	Reformer Intermediate	Reformer	Reformer Intermediate	Reformer		
8:15AM	Reformer with Circle	Reformer HIIT	Reformer Classic Circle	Reformer Traditional	Reformer with Circle	Reformer Intermediate	Reformer Lower Body
9:15AM	Reformer	Reformer Intermediate	Reformer Intro	Reformer	Reformer	Reformer	
10:15AM	Reformer Intro	Reformer	Reformer	Reformer	Reformer	Reformer with Circle	Reformer Inspired Box
11:15AM		Reformer Inspired Tone		Reformer Classic Circle		Reformer Short Box	
12:15PM	Reformer Classic Circle		Reformer Intermediate		Reformer Inspired Tone		Reformer with Circle
1:30PM		Reformer with Circle		Reformer HIIT		Reformer Traditional	
2:30PM	Reformer Traditional		Reformer Lower Body		Reformer Classic Circle		Reformer Inspired
3:30PM		Reformer Short Box		Reformer Inspired		Reformer Lower Body	
4:30PM	Reformer Inspired Box		Reformer with Circle		Reformer Short Box		Reformer Classic Circle
5:30PM	Reformer	Reformer Intro	Reformer Intermediate	Reformer	Reformer Traditional	Reformer Classic Circle	
6:30PM	Reformer	Reformer Intermediate	Reformer	Reformer	Reformer Inspired		Reformer Inspired Tone
7:30PM	Reformer Classic Circle		Reformer Inspired Box		Reformer with Circle		

Reformer Introduction Virtual class

AQUA

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30AM	Aqua Deep	Aqua Movers	Aqua Deep	Warm Aqua	Aqua Movers	Warm Aqua	Aqua Deep
9:30AM	Aqua Movers	Aqua Deep	Aqua Deep	Aqua Movers	Aqua Movers	Aqua Flow	Aqua Deep
10:30AM						Warm Aqua	Aqua Flow
10:45AM	Aqua Movers	Aqua Movers	Aqua Movers	Aqua Movers	Aqua Flow		
11:45AM	Aqua Flow	Warm Aqua	Aqua Zumba	Aqua Movers			
7:15PM		Aqua Movers	Aqua Movers	Aqua Movers			

Classes held in the Warm Water Exercise Pool

GROUP FITNESS STUDIO

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM	BodyPump	BodyCombat	BodyPump	BodyCombat	Boxing		
7:10AM		BodyBalance	BodyCombat	Core&More			
8:15AM		Momentum	Momentum	Momentum			
8:30AM						BodyPump	
9:30AM	Boxing	Core&More	BodyCombat	Pilates	Core&More	Core&More	Sh'bam
10:30AM	Momentum		Pilates		Momentum	BodyCombat	
11:30AM	SOYF	Prime Movers	SOYF	Prime Movers	SOYF	Stretch & Mobility	
12:30PM	BodyPump	Pilates		Core	BodyPump		
1:00PM			Zumba				
4:30PM	Core		BodyBalance	BodyBalance	BodyCombat		
5:30PM	Sh'Bam	BodyPump	Core&More	BodyPump	BodyBalance		Core
6:30PM	Pilates	Core	Pilates	Boxing			
7:30PM	Core	Sh'bam	BodyPump				

Virtual class All Access classes

CONNECT 30 - GYM FLOOR

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30AM	Aerobic	Functional	Resistance	Power	Speed		
9:15AM	Aerobic	Functional	Resistance	Power		Aerobic	
12:00PM	Aerobic	Functional	Resistance	Power	Speed		
4:00PM		Teen		Teen			
6:00PM	Aerobic	Functional	Resistance	Power			



SCAN THE QR CODE TO VIEW THE CLASS DESCRIPTIONS