

# INSTRUCTOR LED GROUP FITNESS CLASSES

BAY  
PAVILIONS  
ARTS+  
AQUATIC

Beginning 20th January, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	BOOTCAMP	<b>TRI-RPM</b> Ride & Run		<b>LESMILLS</b> <b>RPM</b>	BOOTCAMP		
7:15am		<b>DEEP</b> <b>WATER</b> <b>AQUA</b>	<b>STEP</b> <b>AEROBICS</b>	<b>DEEP</b> <b>WATER</b> <b>AQUA</b>			
8:30am	<b>AQUA</b> <b>AEROBICS</b>	<b>AQUA</b> <b>AEROBICS</b>	<b>AQUA</b> <b>AEROBICS</b>	<b>DEEP</b> <b>WATER</b> <b>AQUA</b>	<b>AQUA</b> <b>AEROBICS</b>		
9:30am	<b>LESMILLS</b> <b>BODYPUMP</b> & STRETCH	<b>FUNCTIONAL</b> <b>CIRCUIT</b>	<b>BOX &amp;</b> <b>BURN</b>	<b>FUNCTIONAL</b> <b>CIRCUIT</b>	<b>LESMILLS</b> <b>BODYPUMP</b>		
	<b>PILATES</b> <b>FLOW</b>	<b>BARRE</b> <b>PILATES</b>	<b>YOGA</b>	<b>AQUA</b> <b>AEROBICS</b>	<b>GENTLE</b> <b>YOGA</b>	<b>BOX &amp;</b> <b>BURN</b>	<b>AQUA</b> <b>AEROBICS</b>
	<b>AQUA</b> <b>MOBILITY</b>	<b>AQUA</b> <b>MOBILITY</b>		<b>TAI CHI</b>			
10:35am		<b>Active</b> <b>Ageing</b>	<b>AQUA</b> <b>MOBILITY</b> 10:30AM	<b>Active</b> <b>Ageing</b>	<b>AQUA</b> <b>MOBILITY</b> 10:30AM		
11:00am						<b>YOGA</b>	
5:30pm	<b>LESMILLS</b> <b>RPM</b> 30'	<b>LOWER</b> <b>BUILD</b> 30'	<b>WOD55</b>	<b>LESMILLS</b> <b>sprint</b> 30'	<b>ZUMBA</b>		
6:10pm	<b>PILATES</b> <b>CORE</b>	<b>AQUA</b> <b>AEROBICS</b>	<b>SHANTI</b> <b>YOGA</b>	<b>BUILD</b>			
				<b>CORE</b> <b>YOGA</b>			
7:10PM	<b>YOGA</b> <b>NIDRA</b>						

All AQUA classes 45 minutes, all other classes 55 minutes, unless otherwise shown. Indicates 30 minute class.

Towel use compulsory for all gym activity - if you forget, they are available for purchase at reception. Entry will not be permitted into any classes after the first 5 minutes. Bookings mandatory. Classes subject to change without notice.