

# 2019 Group fitness timetable

## MONDAY

9.30am - 10.25am	Body Conditioning	Debbie W
10.35am - 11.30am	Pilates* (Beginners/Improvers)	Debbie W
11.00am - 11.55am	Aqua Aerobics	Natalie
11.45am - 12.40pm	Pilates* (Improvers)	Sammy
1.15pm - 2.15pm	Steady & Strong***	Phil
5.00pm - 5.25pm	Synrgy HIIT (16yrs+)	Gym Team
5.30pm - 6.00pm	HIIT	Phil
6.00pm - 6.55pm	Body Pump Les Mills™	Georgia
6.15pm - 7.10pm	Body Conditioning	Linda
6.10pm - 6.55pm	Studio Cycling	Phil
7.15pm - 8.15pm	Body Balance Les Mills™	Linda

## TUESDAY

9.15am - 10.10am	Body Conditioning (Advanced)	Sammy
10.30am - 11.25am	Pilates* (Beginners/Improvers)	Sammy
11.30am - 12.25pm	Pilates* (Beginners)	Sammy
6.00pm - 6.55pm	Body Combat Les Mills™	Georgia
6.15pm - 7.00pm	Studio Cycling	Phil
6.20pm - 7.15pm	Body Pump Les Mills™	Luke
7.00pm - 7.25pm	Synrgy HIIT (16yrs+)	Gym Team
7.05pm - 8.00pm	Stretch & Tone	Georgia
7.30pm - 8.25pm	Bootcamp	Rian
8.05pm - 9.20pm	Yoga	Debbie N

## WEDNESDAY

9.10am - 9.55am	Studio Cycling	Phil
9.30am - 10.25am	Body Conditioning	Debbie W
9.30am - 10.25am	Aqua Aerobics	Georgia
10.35am - 11.30am	Pilates* (Beginners)	Debbie W
11.40am - 12.35pm	Body Balance Les Mills™	Georgia
1.30pm - 2.30pm	Steady and Strong	
5.30pm - 5.55pm	Synrgy HIIT (16yrs+)	Gym Team
6.00pm - 6.30pm	HIIT	Rian
6.00pm - 6.45pm	Studio Cycling	Phil
6.00pm - 6.55pm	Pilates* (Improvers)	Debbie W
6.30pm - 7.00pm	Abdominal Conditioning	Rian
7.05pm - 8.00pm	Legs, Bums & Tums	Georgia
8.05pm - 9.00pm	Body Balance Les Mills™	Linda

## THURSDAY

9.00am - 9.25am	Synrgy HIIT	Gym Team
9.30am - 10.25am	Kettlebells	Sabina
10.35am - 11.30am	Zumba	Natasha
11.05am - 11.50am	Aqua Aerobics	Lenka
11.35am - 12.30pm	Body Balance Les Mills™	Debbie W
2.00pm - 2.55pm	Cardiac Circuits** (Rehab)	Phil
6.15pm - 6.45pm	HIIT	Sabina
6.10pm - 6.55pm	Studio Cycling	Beth
6.00pm - 6.55pm	Boxercise	Phil
6.30pm - 6.55pm	Synrgy HIIT (16yrs+)	Gym Team
6.35pm - 7.20pm	Aqua Aerobics	Natalie
7.00pm - 7.40pm	Kettlebells	Phil
7.05pm - 8.00pm	Body Pump Les Mills™	Alysha
8.00pm - 9.00pm	Pilates*	Kaspar

## FRIDAY

9.00am - 9.45am	Studio Cycling	Phil
9.20am - 10.15am	Body Combat Les Mills™	Georgia
10.00am - 10.25am	Synrgy HIIT (16yrs+)	Gym Team
10.25am - 11.20am	Stretch & Tone	Kaspar
12.15pm - 1.15pm	COPD Circuit**	Phil
1.30pm - 2.30pm	Health Circuit**	Phil
6.00pm - 6.45pm	Studio Cycling	Andy
6.00pm - 7.00pm	Kettlebells	Debbie W
7.05pm - 8.00pm	Body Balance Les Mills™	Debbie W

## SATURDAY

8.30am - 8.55am	Synrgy HIIT (16yrs+)	Gym Team
9.00am - 9.55am	Body Combat Les Mills™	Rachael
9.10am - 9.55am	Studio Cycling	Phil
10.00am - 10.30am	Abdominal Conditioning	Phil
10.35am - 11.35am	Body Balance Les Mills™	Luke

## SUNDAY

9.00am - 9.45am	Studio Cycling	Andy
9.00am - 9.55am	Zumba	Tracy
9.30am - 10.30am	Body Pump Les Mills™	Rachael
10.00am - 11.15am	Yoga	Debbie
10.45am - 11.10am	Synrgy HIIT (16yrs+)	Gym Team

\* Courses - FD and concessionary members get 25% discount

\*\* Customers must have been referred by their GP or cardiac centre

\*\*\* Low intensity class - please refer to our website for information

**Please note** Synrgy Sessions are for 16yrs+ only and you must do your own warm up and cool down

**VIRTUAL**

Check app for virtual classes