

Group Fitness & Aqua Timetable – June 2026

GROUP FITNESS TIMETABLE						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.45am	<b>Circuit</b>	<b>FUNCTIONAL FITNESS</b>	<b>TABATA</b>	<b>BOOTCAMP</b>	<b>Circuit</b>	
6.15am			YOGA 			
8am						BURN 
8.30am	<b>LES MILLE BODYPUMP</b>				<b>ORGE Circuit</b>	
8.45am		<b>Circuit</b>	<b>LES MILLE BODYPUMP</b>	<b>FUNCTIONAL FITNESS</b>		
9.30am	<b>LES MILLE Shapes</b>	<b>FITNFAB</b>		Pilates	YOGA 	
10.30am			<b>FIT N FAB</b>	Chair Yoga		
5.30pm	<b>HIIT</b>	<b>RESISTANCE TRAINING</b>		<b>HIIT</b>	<b>RESISTANCE TRAINING</b>	
7.00pm	<b>RESISTANCE TRAINING</b>	<b>HIIT</b>		<b>RESISTANCE TRAINING</b>		

AQUA TIMETABLE						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30am				<b>AQUA</b>		
9.30am	<b>AQUA</b>	<b>AQUA</b>	<b>AQUA</b>	<b>AQUA</b>		
10.00am					<b>AQUA</b>	
10.30am		<i>Gentle AQUA</i>	<i>Gentle AQUA</i>			
10.45am					<i>Gentle AQUA</i>	
6.30pm	<b>AQUA</b>		<b>AQUA</b>			