

Healthy Living Centre Fitness Timetable

Monday	
9.30am	Ballet Fit
10.00am	Indoor Cycling
10.30am	Pilates
11.15am	Legs, Bums, Tums
12.00pm	Aquacise
1.30pm	Falls Prevention
2.30pm	Out Moving Cancer
5.30pm	HIIT
6.00pm	Indoor Cycling
6.15pm	Pilates
7.00pm	Indoor Cycling
7.15pm	Dancefit
7.30pm	Aquacise

Tuesday	
6.45am	Indoor Cycling
9.15am	50+ LBT
10.15am	Yoga
11.15am	Dancefit
12.15pm	Aquacise
12.15pm	Indoor Cycling
12.15pm	Pilates
1.15pm	Stretch and Tone
2.15pm	Dancing With Dementia
5.30pm	Zumba
6.00pm	Indoor Cycling
6.30pm	Body Combat
7.30pm	Yoga

Wednesday	
6.30am	HIIT Circuit
9.15am	Zumba Gold
10.00am	Indoor Cycling
11.00am	Fitball
12.00pm	Aquacise
1.30pm	Falls Prevention
5.30pm	Indoor Cycling
5.30pm	Shabumba
6.45pm	Circuit
8.00pm	Body Pump

Thursday	
9.15am	Rockbox
10.15am	Barbell Shred
1.15pm	Move It Mums
5.30pm	Legs, Bums, Tums
6.30pm	Indoor Cycling
6.30pm	Rockbox
7.00pm	Outswimming Cancer
7.30pm	Somatic Stretch

Friday	
9.15am	Stretch and Tone
10.00am	Indoor Cycling
10.00am	Ballet Fit
11.00am	Dancefit
12.00pm	Aquacise
12.30pm	Chair Based
6.00pm	Yoga
6.15pm	Indoor Cycling
8.00pm	Aquacise

Saturday	
8.00am	Body Burn
9.00am	Body Burn
10.00am	Indoor Cycling
10.00am	Yoga

Sunday	
9.30am	Yoga
10.00am	Indoor Cycling
11.00am	Legs, Bums, Tums
5.00pm	Body Pump
6.00pm	Body Combat

Cardio/Aerobic

Water Based Cardio Aerobic

Health Related Session

Indoor Cycling

Power/Strength Session

Mind and Body Session

Please note: Classes can be subject to change. We will attempt to inform you of any changes as soon as possible but this may not always be possible at short notice.