



Healthy Living Centre Junior Fitness Timetable

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
6.30am-8.30am	Family Fit	9am-12pm	Family Fit								
6.45am	Indoor Cycling	6.45am	Indoor Cycling	10.00am	Indoor Cycling	9.00am	Indoor Cycling	10.00am	Indoor Cycling	10.00am	Indoor Cycling
9.30am	Ballet Fit	11.15am	Dancefit	12.00pm	Aquacise	4.30pm	Junior Gym	10.00am	Ballet Fit		
10.00am	Indoor Cycling	12.15pm	Aquacise	5.30pm	Indoor Cycling	6.30pm	Indoor Cycling	11.00am	Dancefit		
12.00pm	Aquacise	12.15pm	Indoor Cycling			6.30pm	Rockbox	12.00pm	Aquacise		
6.00pm	Indoor Cycling	4.30pm	Junior Gym					6.45pm	Indoor Cycling		
7.00pm	Indoor Cycling	6.00pm	Indoor Cycling					7.45pm	Aquacise		
7.15pm	Rockbox										
7.30pm	Aquacise										

Sunday	
9am-12pm	Family Fit
10.00am	Indoor Cycling

Junior Gym Ages 10-13	Family Fit Aged 8+	Fitness Class Ages 14+
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N.B all fitness classes are as per the usual fitness timetable and open to all members aged 14+ not just juniors.