

Group Exercise Timetable

The Pavilion

Accurate as of 27/04/2024

Times for Friday 18 October



Time	Session	Facility	Instructor
6:45 am - 7:15 am	T30:POWER	Gym	Gym Team
7:45 am - 8:30 am	BODYPUMP™	Studio 1	Jackie
8:30 am - 9:15 am	Zumba®	Studio 2	Angella
9:30 am - 10:15 am	Group Cycle	Gym	Jackie
9:30 am - 10:15 am	Primetime AquaFit	Leisure Pool (20.0m)	Angella
9:30 am - 10:30 am	Keep Fit	Studio 1	Sandra
9:30 am - 10:30 am	Pilates	Studio 2	Tracey
10:30 am - 11:30 am	Prime Line Dance	Studio 2	Karen
10:30 am - 11:30 am	Complete Conditioning	Studio 1	Sue
11:30 am - 12:00 pm	Simply Stretch	Studio 2	Sue
11:30 am - 12:30 pm	Prime Line Dance	Studio 1	Karen
12:15 pm - 2:15 pm	Table Tennis	Studio 2	
12:30 pm - 1:15 pm	BODYCOMBAT™	Studio 1	Ben
12:45 pm - 1:15 pm	T30:HIIT	Gym	Gym Team
1:15 pm - 1:45 pm	BODYPUMP™	Studio 1	Tracey
1:45 pm - 2:15 pm	Core Conditioning	Studio 1	Tracey
2:15 pm - 3:00 pm	Keep Fit	Studio 1	Tracey
2:30 pm - 3:30 pm	Seated Yoga	Studio 1	Marta
3:00 pm - 4:00 pm	Prime Pilates	Studio 1	Tracey
6:00 pm - 6:45 pm	Group Cycle	Gym	Nick