Group Exercise Timetable

The Pavilion

Accurate as of 12/10/2024

Times for Wednesday 19 February

Time	Session	Facility	Instructor
6:45 am - 7:25 am	BODYPUMP™	Studio 1	Jackie
7:30 am - 8:00 am	Group Cycle	Gym	Jackie
9:30 am - 10:15 am	Group Cycle	Gym	Claire
9:30 am - 10:30 am	Pilates	Studio 1	Sunita
9:45 am - 10:30 am	Primetime AquaFit	Leisure Pool (20.0m)	Ria
10:30 am - 11:15 am	BODYBALANCE™	Studio 1	Carrie
10:30 am - 12:00 pm	Yoga	Studio 2	Ann
11:15 am - 12:15 pm	Zumba® Gold	Studio 1	Ria
12:00 pm - 1:30 pm	Yoga	Studio 2	Roberta
12:30 pm - 1:15 pm	Complete Conditioning	Studio 1	Ria
1:15 pm - 1:45 pm	T30:POWER	Gym	Gym Team
1:30 pm - 2:30 pm	Strength & Stability	The Great Hall	Ria
1:30 pm - 2:30 pm	Post Natal Pilates	Studio 2	
2:15 pm - 3:00 pm	Senior Circuits	Studio 1	Tracey
3:00 pm - 3:45 pm	Prime Stretch & Relax	Studio 1	Tracey
5:30 pm - 6:15 pm	BODYBALANCE™	Studio 1	Ben
6:30 pm - 7:15 pm	Group Cycle	Gym	Ben
6:30 pm - 7:30 pm	Xtreme Circuits	Studio 1	Phil
7:30 pm - 8:15 pm	BODYPUMP™	Studio 1	Ben
7:45 pm - 8:15 pm	T30:POWER	Gym	Gym Team
8:15 pm - 8:45 pm	PowerBag BootCamp	Studio 1	Ben

Time	Session	Facility	Instructor
8:30 pm - 9:30 pm	Pilates	Studio 2	Alicia