

Group Fitness

Short timetable

Mon 15th / 22nd January 2024

- 6:00am Suspension Ariel
- 9:10am Pilates Beatriz
- 9:15am Aqua Fit Ariel
- 6:00pm Box Burn Ariel
- 7:00pm HIIT 45 (outdoor area) Jordan

Tues 16th / 23rd January 2024

- 6:00am Spin Cynthia
- 7:30am Power Yoga Ariel
- 9:10am Spump Ariel
- 9:30am Aqua Fit Beatriz
- 10:30am Pilates Beatriz
- 6:00pm Xpress Y-ride Beatriz
- 6:30pm Xpress Muscle Max Beatriz
- 7:00pm Core 45 Jordan

Wed 17th / 24th January 2024

- 6:00am Spump Carron
- 9:10am Spin30/ABS Glutes Beatriz
- 9:30am Aqua Fit Ariel
- 11:30am Zumba Gold Camilla
- 6:00pm Box Burn Ariel
- 7:00pm HIIT 45 (outdoor area) Jordan

Thurs 18th / 25th January 2024

- 6:00am Spin Carron
- 7:30am Suspension Ariel
- 9:30am Aqua Fit Camilla
- 9:10am Muscle Max Beatriz
- 10:30am Yoga Ariel
- 6:00pm Pilates Beatriz

Fri 19th / 26th January 2024

- 6:00am Suspension Ariel
- 8:00am Power Yoga Ariel
- 9:30am AquaFit Beatriz
- 9:10am Step Ariel

Full Group Fitness timetable returns

Tuesday 30th January 2024