

Easter Weekend Group Fitness Classes

Live instructor classes in **BOLD**

Friday 19th April – Centre closed

No classes - Gym open 24/7

Saturday 20th April – Centre open 8.00am to 7.00pm

8.15am Aqua Workout

Cycle Studio	Group Fitness Studio
8.15am RPM	8.10am Body Balance
9.30am Virtual RPM	9.20am Body Pump
10.45am Virtual RPM	10.30am Body Combat
11.45am Virtual RPM (E)	12.00pm Virtual CX Worx
12.30pm Virtual RPM	
2.15pm Virtual RPM	2.30pm Virtual Body Pump
3.15pm Virtual RPM	3.30pm Virtual Body Balance
4.15pm Virtual RPM	4.30pm Virtual Sh'Bam
5.15pm Virtual RPM	5.30pm Virtual CX Worx

Sunday 21st April – Centre open 8.00am to 7.00pm

Cycle Studio	Group Fitness Studio
8.15am Virtual RPM	8.10am Virtual Body Pump
9.30am Virtual RPM	9.20am Virtual Body Balance
10.45am Virtual RPM	10.30am Sh'Bam
11.45am Virtual RPM (E)	12pm Virtual Body Combat (E)
12.30pm Virtual RPM	
2.15pm Virtual RPM Beginner	2.30pm Virtual CX Worx
3.15pm Virtual RPM	3.30pm Virtual Body Pump
4.15pm Virtual RPM	4.30pm Virtual Body Combat
5.15pm Virtual RPM	5.30pm Virtual Body Balance (E)

Monday 22nd April – Centre open 8.00am to 7.00pm

8.15am Aqua Movers 9.15am Aqua Movers

Cycle Studio	Group Fitness Studio
8.15am Virtual RPM	8.15am Virtual CX Worx
9.30am RPM	9.00am Virtual Body Pump (E)
10.45am Virtual RPM	9.30am Virtual Sh'Bam
11.45am Virtual RPM (E)	10.45am Barre
12.30pm Virtual RPM	12.00pm Virtual CX Worx
2.15pm Virtual RPM	2.30pm Virtual Body Balance
3.15pm Virtual RPM (E)	3.30pm Virtual Body Combat
4.15pm Virtual RPM	4.30pm Virtual Sh'Bam
5.15pm Virtual RPM	5.30pm Boxing

