



ADULT CLASS TIMETABLE

30TH JUNE - 10TH AUGUST



MONDAY

- 07:00-07:45 **RigFIT**
- 09:30-10:30 **Active Life**
- 11:00-12:00 **Chair Yoga**
- 12:15-12:45 **KettleFIT**
- 17:30-18:15 **RigFIT**
- 18:00-19:00 **YogaFIT**
- 18:20-19:05 **CycleFIT**
- 19:00-20:00 **Walking Football**
- 19:15-20:15 **CycleFIT Adv**
- 19:15-20:15 **PumpFIT**
- 19:30-21:00 **Table Tennis**
- 20:15-21:00 **CoreFIT**

TUESDAY

- 09:15-10:00 **CycleFIT**
- 10:00-11:00 **AquaFIT Lite**
- 11:00-12:00 **MumFIT**
- 12:00-13:00 **Yoga**
- 18:00-18:45 **PowerFIT**
- 19:00-19:45 **RigFIT**
- 19:15-20:00 **AquaFIT**
- 19:30-21:00 **Yoga**

WEDNESDAY

- 07:00-07:45 **RigFIT**
- 09:30-10:30 **Active Life**
- 12:15-12:45 **RigFIT**
- 17:30-18:00 **CoreFIT**
- 18:00-18:30 **Aerobics**
- 18:45-19:30 **CycleFIT**
- 19:00-20:00 **Pickleball**

THURSDAY

- 11:00-12:00 **AquaFIT Lite**
- 17:30-18:15 **RigFIT**
- 18:00-18:45 **SwimFIT**
- 18:00-19:00 **YogaFIT**
- 19:00-20:00 **CycleFIT Adv**
- 19:15-20:15 **PumpFIT**
- 20:15-21:00 **StretchFIT**

FRIDAY

- 07:00-07:45 **RigFIT**
- 09:15-10:00 **RigFIT**
- 10:00-11:00 **Active Life**
- 11:00-12:00 **MumFIT**

SATURDAY

- 09:00-09:45 **RigFIT**

✓ 16+ Years

✓ Included in Membership

✓ Pay as you go

✓ Book Online



BOOK TODAY

Please note that some classes may take occasional breaks during the holidays due to staff availability. Check online bookings for weekly updates