

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	BODYPUMP 60 mins	BODYPUMP 45 mins	BODYPUMP 30 mins	BODYATTACK 60 mins	BODYPUMP 60 mins		
		RPM 50 mins	SPRINT 30 mins	RPM 50 mins	Freestyle cycle 50 mins		
6.15am	SPRINT 30 mins						
6.30am			CORE 30 mins				
6.50am		GRIT Cardio 30 mins					
7.10am						RPM 50 mins	
7.30am						GRIT Strength 30 mins	
7.45am				Pilates 45 mins			
8.05am			Yoga 75 mins			Pilates 45 mins	
8.30am							GRIT Strength 30 mins
8.40am	Pilates 45 mins	BODYPUMP 45 mins		BODYSTEP 45 mins	BODYCOMBAT 45 mins		
9am		Swim squad 60 mins		Swim squad 60 mins		BODYCOMBAT 60 mins	RPM 50 mins
9.30am	RPM 50 mins	Freestyle cycle 50 mins	RPM 50 mins	SPRINT 30 mins	RPM 50 mins	RPM 50 mins	
	BODYPUMP 60 mins	BODYATTACK 60 mins	BODYPUMP 60 mins	GRIT Strength 30 mins	BODYPUMP 30 mins		BODYSTEP 60 mins
				Zumba Gold 50 mins	CORE 30 mins		
10am	Aqua 45 mins				Aqua 45 mins		
10.15am			Gold fitness 50 mins			BODYPUMP 60 mins	
10.30am	Functional fitness 15 mins		Functional fitness 15 mins		Functional fitness 15 mins		
	Chair yoga 60 mins	Zumba Gold 50 mins		Gold Pilates 60 mins			
10.35am	SH'BAM 45 mins	BODYBALANCE 60 mins	SH'BAM 45 mins	BODYBALANCE 60 mins			BODYPUMP 30 mins
10.45am					Yogalates 75 mins	Aqua 45 mins	
11am		Gold circuit 45 mins					CORE (11.05am) 30 mins
11.30am	Gold energiser 45 mins		Chair yoga 60 mins			BODYBALANCE 60 mins	
11.45am							Yoga 75 mins
12.30pm	SPRINT 30 mins	BODYPUMP 45 mins	SPRINT 30 mins	BODYPUMP 45 mins	RPM 50 mins		
12.45pm						SH'BAM 45mins	
1.15pm	Yogalates 75 mins						
4.30pm			Pilates 45 mins		BODYPUMP 45 mins		
5pm	Yoga 55 mins						
5.15pm		BODYPUMP 30 mins	BODYCOMBAT 45 mins	GRIT Cardio 30 mins	BODYATTACK 45 mins		
5.30pm			Aqua 45 mins				
5.45pm		CORE 30 mins		BODYPUMP 60 mins			
6pm	GRIT Strength 30 mins		SPRINT 30 mins	RPM 50 mins			
			BODYPUMP 60 mins				
6.15pm		SPRINT 30 mins					
6.20pm		BODYSTEP 60 mins					
6.30pm	RPM 50 mins						
	BODYATTACK 45 mins						
6.45pm				SH'BAM 45mins			
7pm			BODYBALANCE 60 mins				

Downstairs studio

Upstairs studio

Pool

Gym

Shenton Park Community Centre

The Palms Community Centre

The timetable is correct at the time of printing.