

Indoor Group Exercise Timetable

starting
Monday
17th May

MONDAY

CLASS

TIME

LOCATION

Total Fitness

07:15 - 08:00

Sports Hall

Evergreens Exercise to Music

09:00 - 09:45

Indoor Track

Induction

09:15 - 09:45

Gym

Evergreens Exercise to Music

10:00 - 10:45

Outdoor Track

Stretch

10:00 - 10:45

Sky Studio

Qi Gong

11:00 - 11:45

Outdoor Track

Aqua

12:00 - 12:45

25m Pool

Qi Gong

12:00 - 12:45

Sky Studio

Studio Cycling & Core

12:15 - 13:00

Sports Studio

Metcon

13:15 - 14:00

Indoor Track

Teen Gym

15:45 - 16:30

Gym

Zumba

17:15 - 18:00

Sports Hall

Studio Cycling

17:30 - 18:15

Sports Studio

Total Fitness

19:00 - 19:45

Sports Hall

TUESDAY

CLASS

TIME

LOCATION

Total Fitness

07:15 - 08:00

Sports Hall

Stretch

10:00 - 10:45

Sky Studio

Evergreens Spin & Core

10:00 - 10:50

Sports Studio

Evergreens Circuits

11:00 - 11:50

Indoor Track

Body Combat

11:30 - 12:20

Sky Studio

Evergreens Advanced Circuits

12:00 - 12:50

Outdoor Track

Studio Cycling & Core

12:15 - 13:00

Sports Studio

Aqua

12:15 - 13:00

25m Pool

Body Pump

12:30 - 13:20

Sky Studio

Metcon

13:15 - 14:00

Indoor Track

Teen Gym

15:45 - 16:30

Gym

Yoga

18:00 - 18:50

Sky Studio

Studio Cycling

18:00 - 18:45

Sports Studio

Induction

18:30 - 19:00

Gym

Yoga

19:00 - 19:50

Sky Studio

Total Fitness

19:00 - 19:45

Indoor Track

WEDNESDAY

CLASS	TIME	LOCATION
Total Fitness	07:15 - 08:00	Sports Hall
Body Pump	07:15 - 08:15	Sky Studio
Body Balance	08:30 - 09:30	Sky Studio
Induction	09:15 - 09:45	Gym
Evergreens Yoga	10:00 - 10:45	Sky Studio
Zumba Gold	10:00 - 10:45	Sports Hall
Evergreens Yoga	11:00 - 11:45	Sky Studio
Zumba Gold	11:00 - 11:50	Sports Hall
Qi Gong	12:00 - 12:45	Sky Studio
Aqua	12:00 - 12:45	25m Pool
Studio Cycling & Core	12:15 - 13:00	Sports Studio
Qi Gong	13:00 - 13:45	Outdoor Track
Metcon	13:15 - 14:00	Indoor Track
Teen Gym	15:45 - 16:30	Gym
Studio Cycling	17:30 - 18:15	Sports Studio
Total Fitness	19:00 - 19:45	Sports Hall

THURSDAY

CLASS	TIME	LOCATION
Evergreens Chair Based Exercise	09:00 - 09:50	Sky Studio
Evergreens Chair Based Exercise	10:00 - 10:50	Sky Studio
Walking Group	11:00 - 12:00	Outdoors
Body Combat	11:30 - 12:20	Sky Studio
Studio Cycling & Abs	12:15 - 13:00	Sports Studio
Evergreen Aqua	12:00 - 12:45	25m Pool
Retro Fun Aerobics	12:10 - 13:00	Outdoor Track
Body Pump	12:30 - 13:20	Sky Studio
HIT	13:15 - 14:00	Indoor Track
Teen Gym	15:45 - 16:30	Gym
RPM	18:00 - 18:45	Sports Studio
Yoga	18:00 - 18:50	Sky Studio
Yoga	19:00 - 19:45	Sky Studio

FRIDAY

CLASS	TIME	LOCATION
Sh'bam	10:00 - 10:50	Sports Hall
Vinyasa Yoga	10:00 - 10:50	Sky Studio
Vinyasa Yoga	11:00 - 11:50	Sky Studio
Aqua Aerobics	12:00 - 12:45	25m Pool
Studio Cycling	12:15 - 13:00	Sports Studio
Zumba	13:00 - 13:50	Sports Hall
HIT	13:15 - 14:00	Indoor Track
Teen Gym	15:45 - 16:30	Gym
Body Pump	17:15 - 18:05	Sky Studio
Body Combat	18:15 - 19:05	Sky Studio

SATURDAY

CLASS	TIME	LOCATION
Body Pump	08:50 - 09:40	Sky Studio
HIT	09:30 - 10:00	Sports Hall
Yoga	10:00 - 10:50	Sky Studio
Teen Gym	10:00 - 10:45	Gym
Induction	11:15 - 11:45	Gym
Studio Cycling	12:00 - 12:45	Sports Studio
Stretch	13:15 - 13:45	Sky Studio
Metcon	14:00 - 14:45	Indoor Track

SUNDAY

CLASS	TIME	LOCATION
HIT	09:30 - 10:00	Sports Hall
Teen Gym	10:00 - 10:45	Gym
Induction	11:15 - 11:45	Gym
Studio Cycling	12:00 - 12:45	Sports Studio
Stretch	13:15 - 13:45	Sky Studio
Metcon	14:00 - 14:45	Indoor Track

