

Time	Monday 8 April	Tuesday 9 April	Wednesday 10 April	Thursday 11 April	Friday 12 April	Saturday 13 April	Sunday 14 April
6am	BODYPUMP 60 mins	BODYPUMP 45 mins	BODYPUMP/ CXWORX 30 mins each		BODYPUMP 60 mins		
		RPM 50 mins		RPM 50 mins			
6.15am	SPRINT 30 mins				SPRINT 30 mins		
7.10am						RPM 50 mins	
7.55am						Pilates 45 mins	
8.05am			Yoga 1hr 15 mins				
8.45am	Pilates 45 mins	BODYPUMP 45 mins		BODYSTEP 45 mins	BODYCOMBAT 45 mins	BODYATTACK/ CXWORX 30 mins each	
9am	Aqua 45 mins	Swim Squad 60 mins		Swim Squad 60 mins			
				CYCLE:30 30 mins			RPM 50 mins
9.30am	RPM 50 mins	RPM 50 mins	RPM 50 mins/ ABS 15 mins		RPM 50 mins	RPM 50 mins	
	BODYPUMP 60 mins	BODYATTACK/ CXWORX 30 mins each	BODYPUMP 60 mins	Yoga 60 mins	BODYPUMP/ CXWORX 30 mins each		BODYSTEP 60 mins
				Gold Dance to Music 45 mins			
9.45am						BODYCOMBAT 45 mins	
10am			Gold Fitness 50 mins				
			Aqua 45 mins		Aqua 45 mins	Aqua 45 mins	
10.30am	Chair Yoga 60 mins	Zumba Gold 50 mins		Gold Pilates 60 mins			
	Core Fusion 15 mins	Gold Circuit 60 mins	Core Fusion 15 mins		Core Fusion 15 mins		
	Gold Energiser 45 mins						
	SH'BAM 45 mins	BODYBALANCE 60 mins	SH'BAM 45 mins	BODYBALANCE 60 mins	Pilates 60 mins	BODYPUMP 60 mins	BODYPUMP/ CXWORX 30 mins each
11.30am			Chair Yoga 60 mins		BODYBALANCE 60 mins	Yoga (11.40am) 1hr 15 mins	
12.30pm	SPRINT 30 mins	BODYPUMP 45 mins	SPRINT 30 mins	BODYPUMP 45 mins	RPM 50 mins		
12.45pm						SH'BAM 45mins	
4.45pm		BODYATTACK 45 mins					
5.15pm	Yoga 60 mins		Pilates 45 mins	BODYATTACK/ BODYPUMP/CX- WORX 30 mins each	SH'BAM 45mins		
5.30pm		BODYPUMP 45 mins					
6pm		RPM 50 mins	SPRINT 30 mins	RPM 50 mins			
			BODYPUMP 45 mins				
			Aqua 45 mins				
6.15pm	BODYSTEP 45 mins	BODYCOMBAT 45 mins					
6.30pm	RPM 50 mins						
6.45pm			Yoga 1hr 15 mins				
7pm	SH'BAM 45 mins						

Downstairs studio

Upstairs studio

Pool

Gym

Shenton Park Community Centre

Palms Community Centre

The timetable is correct as of 8 April 2019

Time	Monday 15 April	Tuesday 16 April	Wednesday 17 April	Thursday 18 April	Friday 19 April	Saturday 20 April	Sunday 21 April
6am	BODYPUMP 60 mins	BODYPUMP 45 mins	BODYPUMP/ CXWORX 30 mins each		[Greyed out]		
		RPM 50 mins		RPM 50 mins			
6.15am	SPRINT 30 mins						
7.10am						RPM 50 mins	
7.55am						Pilates 45 mins	
8.05am			Yoga 1hr 15 mins				
8.45am	Pilates 45 mins	BODYPUMP 45 mins		BODYSTEP 45 mins			BODYATTACK/ CXWORX 30 mins each
9am	Aqua 45 mins	Swim Squad 60 mins		Swim Squad 60 mins			
				CYCLE:30 30 mins			RPM 50 mins
9.30am	RPM 50 mins	RPM 50 mins	RPM 50 mins/ ABS 15 mins				RPM 50 mins
	BODYPUMP 60 mins	BODYATTACK/ CXWORX 30 mins each	BODYPUMP 60 mins	Yoga 60 mins			BODYSTEP 60 mins
				Gold Dance to Music 45 mins			
9.45am						BODYCOMBAT 45 mins	
10am			Gold Fitness 50 mins				
			Aqua 45 mins				Aqua 45 mins
10.30am	Chair Yoga 60 mins	Zumba Gold 50 mins		Gold Pilates 60 mins			
	Core Fusion 15 mins	Gold Circuit 60 mins	Core Fusion 15 mins				
	Gold Energiser 45 mins						
	SH'BAM 45 mins	BODYBALANCE 60 mins	SH'BAM 45 mins	BODYBALANCE 60 mins		BODYPUMP 60 mins	BODYPUMP/ CXWORX 30 mins each
11.30am			Chair Yoga 60 mins			BODYBALANCE 60 mins	
12.30pm	SPRINT 30 mins	BODYPUMP 45 mins	SPRINT 30 mins	BODYPUMP 45 mins			
12.45pm						SH'BAM 45mins	
4.45pm		BODYATTACK 45 mins					
5.15pm	Yoga 60 mins		Pilates 45 mins	BODYATTACK/ BODYPUMP/CX- WORX 30 mins each			
5.30pm		BODYPUMP 45 mins					
6pm		RPM 50 mins	SPRINT 30 mins	RPM 50 mins			
			BODYPUMP 45 mins				
			Aqua 45 mins				
6.15pm	BODYSTEP 45 mins	BODYCOMBAT 45 mins					
6.30pm	RPM 50 mins						
6.45pm			Yoga 1hr 15 mins				
7pm	SH'BAM 45 mins						

Downstairs studio

Upstairs studio

Pool

Gym

Shenton Park Community Centre

Palms Community Centre

The timetable is correct as of 8 April 2019

Time	Monday 22 April	Tuesday 23 April	Wednesday 24 April	Thursday 25 April	Friday 26 April	Saturday 27 April	Sunday 28 April	
6am		BODYPUMP 45 mins	BODYPUMP/ CXWORX 30 mins each		BODYPUMP 60 mins			
		RPM 50 mins						
6.15am						SPRINT 30 mins		
7.10am							RPM 50 mins	
7.55am							Pilates 45 mins	
8.05am			Yoga 1hr 15 mins					
8.45am		BODYPUMP 45 mins				BODYCOMBAT 45 mins	BODYATTACK/ CXWORX 30 mins each	
9am	Aqua 45 mins	Swim Squad 60 mins						
								RPM 50 mins
9.30am	RPM hour of power 60 mins	RPM 50 mins	RPM 50 mins/ ABS 15 mins			RPM 50 mins	RPM 50 mins	
	BODYPUMP 60 mins	BODYATTACK/ CXWORX 30 mins each	BODYPUMP 60 mins			BODYPUMP/ CXWORX 30 mins each		BODYSTEP 60 mins
9.45am							BODYCOMBAT 45 mins	
10am			Gold Fitness 50 mins					
			Aqua 45 mins			Aqua 45 mins	Aqua 45 mins	
10.30am		Zumba Gold 50 mins						
		Gold Circuit 60 mins	Core Fusion 15 mins			Core Fusion 15 mins		
	SH'BAM 45 mins	BODYBALANCE 60 mins	SH'BAM 45 mins			Pilates 60 mins	BODYPUMP 60 mins	BODYPUMP/ CXWORX 30 mins each
11.30am			Chair Yoga 60 mins				BODYBALANCE 60 mins	Yoga (11.40am) 1hr 15 mins
12.30pm		BODYPUMP 45 mins	SPRINT 30 mins			RPM 50 mins		
12.45pm							SH'BAM 45mins	
4.45pm		BODYATTACK 45 mins						
5pm					BODYATTACK 60 mins			
5.15pm			Pilates 45 mins			SH'BAM 45mins		
5.30pm		BODYPUMP 45 mins						
6pm		RPM 50 mins	SPRINT 30 mins	RPM 50 mins				
			BODYPUMP 45 mins					
			Aqua 45 mins					
6.15pm		BODYCOMBAT 45 mins						
6.30pm								
6.45pm			Yoga 1hr 15 mins					
7pm								

Downstairs studio

Upstairs studio

Pool

Gym

Shenton Park Community Centre

Palms Community Centre

The timetable is correct as of 8 April 2019

Time	Monday 29 April	Tuesday 30 April	Wednesday 1 May	Thursday 2 May	Friday 3 May	Saturday 4 May	Sunday 5 May
6am	BODYPUMP 60 mins	BODYPUMP 45 mins	BODYPUMP/ CXWORX 30 mins each		BODYPUMP 60 mins		
		RPM 50 mins		RPM 50 mins			
6.15am	SPRINT 30 mins				SPRINT 30 mins		
7.10am						RPM 50 mins	
7.55am						Pilates 45 mins	
8.05am			Yoga 1hr 15 mins				
8.45am	Pilates 45 mins	BODYPUMP 45 mins		BODYSTEP 45 mins	BODYCOMBAT 45 mins	BODYATTACK/ CXWORX 30 mins each	
9am	Aqua 45 mins	Swim Squad 60 mins		Swim Squad 60 mins			
				CYCLE:30 30 mins			RPM 50 mins
9.30am	RPM 50 mins	RPM 50 mins	RPM 50 mins/ ABS 15 mins		RPM 50 mins	RPM 50 mins	
	BODYPUMP 60 mins	BODYATTACK/ CXWORX 30 mins each	BODYPUMP 60 mins	Yoga 60 mins	BODYPUMP/ CXWORX 30 mins each		BODYSTEP 60 mins
				Gold Dance to Music 45 mins			
9.45am						BODYCOMBAT 45 mins	
10am			Gold Fitness 50 mins				
			Aqua 45 mins		Aqua 45 mins	Aqua 45 mins	
10.30am	Chair Yoga 60 mins	Zumba Gold 50 mins		Gold Pilates 60 mins			
	Core Fusion 15 mins	Gold Circuit 60 mins	Core Fusion 15 mins		Core Fusion 15 mins		
	Gold Energiser 45 mins						
	SH'BAM 45 mins	BODYBALANCE 60 mins	SH'BAM 45 mins	BODYBALANCE 60 mins	Pilates 60 mins	BODYPUMP 60 mins	BODYPUMP/ CXWORX 30 mins each
11.30am			Chair Yoga 60 mins			BODYBALANCE 60 mins	Yoga (11.40am) 1hr 15 mins
12.30pm	SPRINT 30 mins	BODYPUMP 45 mins	SPRINT 30 mins	BODYPUMP 45 mins	RPM 50 mins		
12.45pm						SH'BAM 45mins	
4.45pm		BODYATTACK 45 mins					
5.15pm	Yoga 60 mins		Pilates 45 mins	BODYATTACK/ BODYPUMP/CX- WORX 30 mins each	SH'BAM 45mins		
5.30pm		BODYPUMP 45 mins					
6pm		RPM 50 mins	SPRINT 30 mins	RPM 50 mins			
			BODYPUMP 45 mins				
			Aqua 45 mins				
6.15pm	BODYSTEP 45 mins	BODYCOMBAT 45 mins					
6.30pm	RPM 50 mins						
6.45pm			Yoga 1hr 15 mins				
7pm	SH'BAM 45 mins						

Downstairs studio

Upstairs studio

Pool

Gym

Shenton Park Community Centre

Palms Community Centre

The timetable is correct as of 8 April 2019

Time	Monday 6 May	Tuesday 7 May	Wednesday 8 May	Thursday 9 May	Friday 10 May	Saturday 11 May	Sunday 12 May
6am	BODYPUMP 60 mins	BODYPUMP 45 mins	BODYPUMP/ CXWORX 30 mins each		BODYPUMP 60 mins		
		RPM 50 mins		RPM 50 mins			
6.15am	SPRINT 30 mins				SPRINT 30 mins		
7.10am						RPM 50 mins	
7.55am						Pilates 45 mins	
8.05am			Yoga 1hr 15 mins				
8.45am	Pilates 45 mins	BODYPUMP 45 mins		BODYSTEP 45 mins	BODYCOMBAT 45 mins	BODYATTACK/ CXWORX 30 mins each	
9am	Aqua 45 mins	Swim Squad 60 mins		Swim Squad 60 mins			
				CYCLE:30 30 mins			RPM 50 mins
9.30am	RPM 50 mins	RPM 50 mins	RPM 50 mins/ ABS 15 mins		RPM 50 mins	RPM 50 mins	
	BODYPUMP 60 mins	BODYATTACK/ CXWORX 30 mins each	BODYPUMP 60 mins	Yoga 60 mins	BODYPUMP/ CXWORX 30 mins each		BODYSTEP 60 mins
				Gold Dance to Music 45 mins			
9.45am					BODYCOMBAT 45 mins		
10am			Gold Fitness 50 mins				
			Aqua 45 mins		Aqua 45 mins	Aqua 45 mins	
10.30am	Chair Yoga 60 mins	Zumba Gold 50 mins		Gold Pilates 60 mins			
	Core Fusion 15 mins	Gold Circuit 60 mins	Core Fusion 15 mins		Core Fusion 15 mins		
	Gold Energiser 45 mins						
	SH'BAM 45 mins	BODYBALANCE 60 mins	SH'BAM 45 mins	BODYBALANCE 60 mins	Pilates 60 mins	BODYPUMP 60 mins	BODYPUMP/ CXWORX 30 mins each
11.30am			Chair Yoga 60 mins		BODYBALANCE 60 mins	Yoga (11.40am) 1hr 15 mins	
12.30pm	SPRINT 30 mins	BODYPUMP 45 mins	SPRINT 30 mins	BODYPUMP 45 mins	RPM 50 mins		
12.45pm						SH'BAM 45mins	
4.45pm		BODYATTACK 45 mins					
5.15pm	Yoga 60 mins		Pilates 45 mins	BODYATTACK/ BODYPUMP/CX- WORX 30 mins each	SH'BAM 45mins		
5.30pm		BODYPUMP 45 mins					
6pm		RPM 50 mins	SPRINT 30 mins	RPM 50 mins			
			BODYPUMP 45 mins				
			Aqua 45 mins				
6.15pm	BODYSTEP 45 mins	BODYCOMBAT 45 mins					
6.30pm	RPM 50 mins						
6.45pm			Yoga 1hr 15 mins				
7pm	SH'BAM 45 mins						

Downstairs studio

Upstairs studio

Pool

Gym

Shenton Park Community Centre

Palms Community Centre

The timetable is correct as of 8 April 2019