

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	FUNCTIONAL STRENGTH 45 mins	BODYPUMP 45 mins	BODYPUMP 30 mins	BODYATTACK 45 mins	BODYPUMP 60 mins		
		RPM 50 mins	SPRINT 30 mins	RPM 50 mins	SPRINT 30 mins		
6:15am	SWEAT 45 mins	SWEAT 45 mins	SWEAT 45 mins	SWEAT 45 mins	SWEAT 45 mins		
	SPRINT 30 mins						
6:30am			CORE 30 mins				
6:45am						FUNCTIONAL STRENGTH 45 mins	
7:00am	SWEAT 45 mins	SWEAT 45 mins	SWEAT 45 mins	SWEAT 45 mins	SWEAT 45 mins	RPM 50 mins	
7:10am						SWEAT (7:30am) 45 mins	
7:50am						Pilates 45 mins	
8:00am			Yoga (8:05am) 75 mins	SHAPES 45 mins			RPM 50 mins
8:30am	Pilates 45 mins						SHAPES 45 mins
8:40am					BODYCOMBAT 45 mins		
8:45am						BODYATTACK 45 mins	
						SPRINT 30 mins	
8:50am		FUNCTIONAL STRENGTH 45 mins		Freestyle Dance 45 mins			
9:00am		Swim Squad 60 mins		Swim Squad 60 mins		Aqua (9:15am) 45 mins	RPM 50 mins
9:30am	RPM 50 mins	Freestyle Cycle 50 mins	RPM 50 mins	SPRINT 30 mins	Freestyle Cycle 50 mins	RPM 50 mins	
	BODYPUMP 60 mins		BODYPUMP 60 mins		BODYPUMP 30 mins		BODYCOMBAT 60 mins
			Gold Fitness 45 mins	Gold Dance 45 mins			
9:35am						BODYCOMBAT 45 mins	
9:40am		BODYCOMBAT 60 mins		BODYPUMP 60 mins			
10:00am		Gold Dance 45 mins			CORE 30 mins		
					Aqua 45 mins		
10:30am	Functional Fitness 30 mins		Functional Fitness 30 mins		Functional Fitness 30 mins	BODYPUMP 60 mins	
			Chair Yoga 60 mins	Gold Pilates 60 mins			
10:35am	Freestyle Dance 45 mins		BODYATTACK 30 mins				BODYPUMP 30 mins
10:45am	Aqua 45 mins	BODYBALANCE 60 mins	Aqua 45 mins	BODYBALANCE 60 mins	Pilates 45 mins		
	Chair Yoga 60 mins						
11:00am		Gold Circuit 45 mins		Gold Circuit 45 mins			CORE (11:05am) 30 mins
		Gold Pilates 60 mins					
11:45am						BODYBALANCE 60 mins	Yoga 75 mins
12.30pm	SPRINT 30 mins	BODYPUMP 45 mins	SPRINT 30 mins	BODYPUMP 45 mins	RPM 50 mins		
	SWEAT 45 mins		FUNCTIONAL STRENGTH 45 mins	SWEAT 45 mins			
12:45pm						ZUMBA 45 mins	
5:00pm	Yoga 55 mins		SHAPES 45 mins	BODYPUMP 60 mins			
5:30pm		BODYPUMP 30 mins	Freestyle Cycle (5:45pm) 50 mins				
5:50pm			BODYCOMBAT 45 mins				
6:00pm	BODYATTACK 45 mins	CORE 30 mins		ZUMBA (6:05pm) 45 mins			
	RPM 50 mins			RPM 50 mins			
6:30pm		BODYBALANCE 60 mins	FUNCTIONAL STRENGTH (6:40pm) 45 mins				
		SPRINT 30 mins					
6:45pm	BODYPUMP 45 mins						

Downstairs studio

Upstairs studio

Pool

Gym

Shenton Park Community Centre

The Palms Community Centre

The timetable is correct at the time of printing.