

Group Workout Timetable

Monday

06:30-07:00	Sprint (Virtual)
09:00-09:30	Aqua Jog
09:30-10:15	Aqua Fit
09:30-10:30	Body Attack
09:45-10:30	Group Cycling
10:45-11:15	CORE (CX)
11:00-12:00	Body Balance
11:15-12:15	Barre (Virtual)
12:30-13:30	Body Pump (Virtual)
16:00-16:30	Core (Virtual)
18:00-19:00	Body Combat
18:15-19:00	Group Cycling
18:30-19:30	Circuits
18:45-19:45	Body Balance
19:00-19:45	Aqua Fit
19:30-20:30	Body Pump
19:30-20:15	Group Cycling
20:00-21:00	Shabam (Virtual)
20:30-21:00	Sprint (Virtual)

Tuesday

06:30-07:15	Body Pump Express
06:45-07:30	The Trip (Virtual)
09:00-09:30	Core (Virtual)
09:30-10:30	Body Pump
09:45-10:30	Group Cycling
10:45-11:30	Pilates
11:15-12:00	Forever Active
12:30-13:30	Body Attack (Virtual)
18:00-19:00	Body Conditioning
16:00-16:30	GRiT Athletic (Virtual)
17:00-17:30	Sprint (Virtual)
18:15-19:00	Group Cycling
18:30-19:15	Fitness Yoga
18:30-19:00	HiIT
19:30-20:30	Body Attack
19:30-20:15	Group Cycling
20:00-21:00	Zumba
20:15-21:15	Body Balance (Virtual)

Wednesday

06:30-07:00	Core (Virtual)
07:00-08:00	Body Combat (Virtual)
09:00-09:30	Aqua Jog
09:30-10:15	Aqua Fit
09:30-10:30	Zumba
09:45-10:30	Group Cycling
10:00-11:00	Body Balance
10:45-11:30	Fitness Yoga
10:45-11:15	Core (CX)
12:00-12:45	RPM (Virtual)
12:30-13:00	Grit Strength
14:00-15:00	Body Pump (Virtual)
17:00-18:00	Barre (Virtual)
18:00-19:00	Body Pump
18:15-19:00	Fitness Yoga
18:45-19:00	Group Cycling
18:30-19:30	Circuits
18:45-19:15	Core (CX)
19:15-20:00	Aqua Fit
19:30-20:30	Body Combat
19:30-20:15	Group Cycling
20:30-21:00	GRiT Cardio (Virtual)
20:30-21:00	Sprint (Virtual)

Thursday

07:00-08:00	Body Balance (Virtual)
09:30-10:30	Body Pump
09:45-10:30	Group Cycling
10:00-10:30	GRiT Strength
10:30-11:00	Core (Virtual)
10:45-11:45	Body Combat
11:15-12:00	Forever Active
11:45-12:30	Clinical Pilates
12:30-13:00	Sprint (Virtual)
14:00-14:30	GRiT Strength (Virtual)
16:30-17:00	GRiT Athletic (Virtual)
17:30-18:30	Body Attack (Virtual)
18:15-19:00	Group Cycling
18:45-19:45	Body Conditioning
19:00-19:30	Core (Virtual)
19:30-20:30	Body Balance
19:45-20:30	The Trip (Virtual)
20:00-21:00	Body Pump

Friday

06:30-07:00	Group Cycling Express
07:00-08:00	Shabam (Virtual)
08:00-09:00	Body Balance (Virtual)
09:00-09:45	Aqua Zumba
09:30-10:00	Body Pump Express
09:45-10:30	Group Cycling
10:00-11:00	Zumba
10:15-10:45	CORE (CX)
10:45-11:30	Fitness Yoga
11:00-11:45	LBT Mum and Baby
12:30-13:00	GRIT Athletic (Virtual)
14:00-15:00	Body Pump (Virtual)
17:00-18:00	Body Combat (Virtual)
18:30-19:30	Body Pump
18:15-19:00	Group Cycling
19:45-20:30	RPM (Virtual)

Saturday

07:15-08:00	RPM (Virtual)
08:00-09:00	Barre (Virtual)
09:00-10:00	Zumba
09:30-10:30	Body Combat
09:45-10:30	Group Cycling
10:45-11:45	Body Pump
16:00-16:30	Sprint (Virtual)
16:15-17:15	Body Attack (Virtual)
17:30-18:00	Core (Virtual)

Sunday

07:15-08:00	RPM (Virtual)
08:00-09:00	Shabam (Virtual)
09:00-09:30	GRIT Strength
09:45-10:15	CORE (CX)
09:45-10:30	Group Cycling
10:45-11:45	Body Balance
10:45-11:30	Junior Cycling
11:00-11:30	Core (Virtual)
15:00-15:45	The Trip (Virtual)
17:00-18:00	Body Pump (Virtual)