

GROUP FITNESS TIMETABLE

July - September 2026

**THE
FITNESS
EDGE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	CIRCUIT	LESMILL RPM	CIRCUIT	BOXING	TABATA		
8:00AM			FITN'WELL			LESMILLS BODYCOMBAT	CIRCUIT
9:00AM			PILATES CYCLE	ABT	PILATES	LESMILLS BODYPUMP	PILATES
9:30AM	LESMILLS BODYCOMBAT CYCLE	LESMILLS BODYPUMP					
10:00AM		CIRCUIT	STEP/CORE	LESMILLS BODYPUMP CYCLE	LESMILLS BODYCOMBAT	CARDIO BLAST LESMILLS RPM	STRETCH
10:30AM	LESMILLS BODY PUMP HIIT EDGE	ZUMBA					
11:00AM			PILATES 4 SENIORS	HIIT EDGE YOGA	CYCLE TABATA STRETCH	PILATES	
11:30AM	STRETCH	YOGA					
12:00PM				ZUMBA GOLD	BOXING	FITN'WELL	
12:30PM	ZUMBA GOLD	BOXING	HIIT EDGE				
1:30PM	FITN'WELL	FITN'WELL		FITN'WELL	FITN'WELL		
5:30PM	LESMILLS CORE	DANCEFIT	LESMILLS BODYPUMP	LESMILLS CORE			
6:00PM		CYCLE					
6:30PM	CYCLE LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	STRETCH LESMILLS RPM	BOXING			
7:30PM	STRETCH	HIIT EDGE YOGA	LESMILLS BODYCOMBAT	ZUMBA			

AQUA TIMETABLE July - September 2026

7:00AM		MIX	MIX	MIX		MIX	
8:00AM	POWER-*L	POWER	POWER	POWER	POWER-*L		
8:30AM							POWER-*L
9:40AM						MIX	
10:00AM	MIX	MIX	POWER	POWER	MIX		
11:00AM							
02:00PM	MIX		MIX				
06:50PM		MIX		MIX			

AQUA BOOKINGS OPEN 25HRS PRIOR TO CLASS START TIME



Can't make a class? Ask our staff about Fitness On Demand.

THE FITNESS EDGE