

GROUP FITNESS TIMETABLE

6 April - June 2026

**THE
FITNESS
EDGE**

♥ Your support is needed to keep this class running; without it, we may have to cancel it permanently.

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

AQUA TIMETABLE April - June 2026

7:00AM		MIX	MIX	MIX		POWER	
8:00AM	POWER-*L	POWER	POWER	POWER	POWER-*L		
8:30AM							POWER-*L
9:40AM						MIX	
10:00AM	MIX	MIX	POWER	RHYTHM	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.

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