

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.15		GROUP CYCLE Ryan 45mins Group Cycle Studio	CIRCUITS Ryan 45mins Sports Hall	GROUP CYCLE Dee 45mins Group Cycle Studio			
06.30	STRENGTH KETTLEBELLS Jo Ann 45mins Wellness Studio			STRENGTH KETTLEBELLS Jo Ann 45mins Wellness Studio	PUMP Jonathan 45mins Fitness Studio		
07.30	GROUP CYCLE Virtual 30mins Group Cycle Studio YOGA Jonathan 45mins Wellness Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio PILATES Maria 45mins Wellness Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio		
09.15						ZUMBA Laura 60mins Sports Hall	
09.30	PUMP Victoria 45min Fitness Studio URBAN REBOUND Hazel 60mins Wellness Studio	STRENGTH Victoria 45mins Fitness Studio	PUMP Victoria 45min Fitness Studio URBAN REBOUND Hazel 60mins Wellness Studio	CIRCUITS Jo Ann 45min Fitness Studio	STRENGTH KETTLEBELLS Jo Ann/Maria 45mins Wellness Studio GROUP CYCLE Elaine 45mins Group Cycle Studio	KETTLEBELLS Joanne G 45mins Wellness Studio	KETTLEBELLS Joanne G 45mins Wellness Studio PUMP Jonathan 45min Fitness Studio
10.30	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio		PILATES Jo Ann/Maria 60mins Wellness Studio	CORE Joanne G 30mins Fitness Studio	PILATES Jonathan 60mins Wellness Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.30	LIVE LONG (S) Hall WALKING NETBALL (S) Netball NI 60mins Sports Hall					GROUP CYCLE Stephen 45mins Group Cycle Studio	GROUP CYCLE Joanne 45mins Group Cycle Studio
10.45	PILATES Maria 60mins Wellness Studio	PILATES Maria 60mins Wellness Studio	YOGA Janet 60mins Wellness Studio	YOGA Nicki 60mins Wellness Studio		URBAN REBOUND Maura 60mins Wellness Studio	
		ZUMBA (S) Lucy 45mins Sports Hall	AEROBICS (S) Wendy 45mins New Hall	ZUMBA (S) Lucy 45mins Sports Hall			
11.15		AQUA AEROBICS Karen 45mins Pool					
11.30							COMBAT Joanne G 45mins Fitness Studio
12.00			STEADY & STRONG Karen 60mins Wellness Studio				
12.15				PILATES Maria 45mins Wellness Studio		MORE DANCE (Nia) Lily 60mins Wellness Studio	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12.30	MORE MIND Karen 60mins Wellness Studio				TAI CHI Grandmaster 60mins Wellness Studio		TAI CHI Grandmaster 60mins Wellness Studio
	GROUP CYCLE Elaine 45mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Dee 45mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	
14.00						YOGA Kerrie 60mins Wellness Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio
16.30	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio	GROUP CYCLE Virtual 30mins Group Cycle Studio		
17.30	PILATES Jo Ann 60mins Wellness Studio PUMP Stephen 45min Fitness Studio	HITT CARDIO Paula 30mins Sports Hall PILATES Helen 60mins Wellness Studio PUMP Victoria 45mins Fitness Studio	URBAN REBOUND Maura 60mins Wellness Studio HITT STRENGTH Stephen 30mins Fitness Studio	HITT STRENGTH Maria 30mins Wellness Studio PUMP Victoria 45min Fitness Studio	YOGA Nicki 60mins Wellness Studio STEP Jane 45mins Fitness Studio		
17.45					HITT Cardio Stephen 30mins Sports Hall		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18.00				HITT CORE Maria 30mins Wellness Studio			
18.15	GROUP CYCLE Erin 45mins Group Cycle Studio	GROUP CYCLE Paula 45mins Group Cycle Studio	GROUP CYCLE Stephen 45mins Group Cycle Studio	GROUP CYCLE Dee 45mins Group Cycle Studio			
			CIRCUITS Jonathan 45mins Fitness Studio				
18.30	HITT STRENGTH Stephen 30mins Fitness Studio	BOX FIT Victoria 45mins Fitness Studio		BOX FIT Victoria 45mins Fitness Studio	PUMP Stephen 45min Fitness Studio		
18.45	KETTLEBELLS Dee 45mins Wellness Studio	YOGA Nicki 60mins Wellness Studio	PILATES Caroline 60mins Wellness Studio	YOGA Jane 60mins Wellness Studio	PILATES Jane 60mins Wellness Studio		
19.15	GROUP CYCLE Stephen 45mins Group Cycle Studio		GROUP CYCLE Stephen 45mins Group Cycle Studio				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
19.30	ZUMBA Laura 60mins Sports Hall PUMP Jonathan 45min Fitness Studio	PUMP Victoria 45mins Fitness Studio	COMBAT Jonathan 45mins Fitness Studio	ZUMBA Lucero 60mins Function Suite GROUP CYCLE Jonathan 45mins Group Cycle Studio			
20.00	AQUA AEROBICS Elaine 45mins Pool	URBAN REBOUND Maura 60mins Wellness Studio	PILATES Caroline 60mins Wellness Studio	YOGA Jane 60mins Wellness Studio			

MORE Cardio

Cardio classes include a variety of movements and exercises to get the heart rate pumping. Cardio classes can vary greatly, but at the core, it includes movements that increase your heart rate.

MORE Strength

If your goal is to get stronger and more sculpted then these classes are for you. The sessions are designed to get you fitter, stronger and leaner using a combination of equipment and your own bodyweight.

MORE Mind & Body

A form of exercise that combines body movement, mental focus and controlled breathing to improve strength, balance, flexibility and overall health.

MORE Active Aging

Classes are aimed at people aged 50 plus and include a variety of light cardio, strength and balance and gentle movement classes. These classes are aimed at improving social, mental and physical fitness.

(J) MORE Junior Class

(S) MORE Senior Class