LEISURE CLUB

FITNESS TIMETABLE

MOVE • STRENGTHEN • FEEL GOOD

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:40 AM	SPIN	—	SPIN	—	SPIN & ABS
9:30 AM	AQUA	—	AQUA	—	—
10:30 AM	SPIN	ACTIVE 50+	SPIN	ACTIVE 50+	SPIN
6:00 PM	SPIN	SPIN & ABS	SPIN	SPIN	—

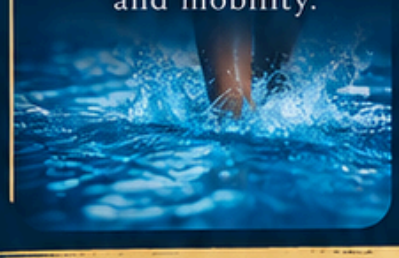
SPIN

A high-energy indoor cycling workout to build fitness, strength and endurance.



AQUA

A low-impact, full body workout in the pool. Great for fitness, strength and mobility.



ACTIVE 50+

A friendly, low-impact class designed to improve strength, balance and wellbeing.



SPIN & ABS

Combines an energising spin session with core work to tone and strengthen.



All fitness levels welcome