

Fitness Flex Metrodome Group Exercise Class Timetable

Fitness Flex Metrodome (Metrodome Leisure Complex)

Accurate as of 22/11/2017

Times for Thursday 14 September



Time	Session	Facility	Type
07:00 - 07:40	Myride+ MySportif Cardio	Myride+ Studio	Cardio
09:15 - 10:00	Aqua Aerobics	Competition Pool (Still Waters)	Cardio
09:30 - 10:30	Zumba	Studio 1	Dance/ Cardio
10:30 - 11:30	Over 50s Aerobics	Studio 1	Cardio
10:30 - 10:50	Myride+ Fat Burn	Myride+ Studio	Strength & Cardio
12:00 - 12:40	Myride+ MySportif Sports	Myride+ Studio	Strength & Cardio
17:15 - 18:00	Les Mills BODYCOMBAT	Studio 1	Cardio
17:30 - 18:30	Myride+ Live Class	Myride+ Studio	Cardio
18:00 - 19:00	Les Mills BODYPUMP	Studio 1	Strength & Cardio
18:30 - 19:30	Myride+ Live Class	Myride+ Studio	Cardio
19:00 - 20:30	Shotokan Karate	Studio 4	Strength & Cardio
19:15 - 19:45	Les Mills CXWORX	Studio 1	Strength & Cardio
19:15 - 19:55	Myride+ MySportif Cardio	Myride+ Studio	Cardio