

# Group Fitness Timetable

## Applemore Health and Leisure

Accurate as of 06/05/2024

### Times for Tuesday 30 April



Time	Session	Facility	Instructor	# Lanes
7:00 am - 7:45 am	Studio Cycling	Cycling Studio	Cher	
8:30 am - 11:00 am	Table Tennis (Forever Active)	Studio 1	No Instructor	
8:30 am - 11:00 am	Short Tennis (Forever Active)	Sports Hall	No Instructor	
9:05 am - 10:00 am	Aqua Aerobics	Main Pool	Karen	
9:15 am - 9:45 am	ELEVATE™	The Gym	Max	
9:15 am - 10:10 am	Les Mills BODYPUMP™	The Studio	Shona	
10:20 am - 11:15 am	Hatha Yoga	The Studio	Georgina	
11:30 am - 12:25 pm	Aerobics (Forever Active)	The Studio	Caroline	
1:30 pm - 2:25 pm	Steady & Strong	Studio 1	Activity Referral	
5:25 pm - 5:55 pm	Kettlebells	The Studio	Kirsty	
6:05 pm - 6:55 pm	Les Mills BODYPUMP™	The Studio	Shona	
6:15 pm - 7:10 pm	Pilates	Studio 1	Ellie	
7:10 pm - 8:05 pm	Les Mills BODYCOMBAT™	The Studio	Jennifer	
7:20 pm - 8:15 pm	Hatha Yoga	Studio 1	Laura	