


# GROUP FITNESS TIMETABLE

EFFECTIVE 5TH MARCH 2024


GLC Full and GLC & NCC Group Fitness Members Only

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00 AM	Functional Fitness <sup>45</sup>	LES MILLS <sup>45</sup> <b>BODYPUMP</b>	LES MILLS <sup>45</sup> <b>RPM SPIN</b>	Functional Fitness <sup>45</sup>	LES MILLS <sup>45</sup> <b>RPM SPIN</b>	
7.10 AM						LES MILLS <sup>45</sup> <b>RPM SPIN</b>
8.00 AM	LES MILLS <sup>30</sup> <b>CORE</b>	YIN YOGA <sup>60</sup>		LES MILLS <sup>45</sup> <b>RPM SPIN</b>	LES MILLS <sup>60</sup> <b>BODYPUMP</b>	
8.05 AM						LES MILLS <sup>45</sup> <b>BODYPUMP</b>
9.00 AM						LES MILLS <sup>45</sup> <b>BODYSTEP</b>
9.10 AM	LES MILLS <sup>60</sup> <b>BODYPUMP</b>	LES MILLS <sup>60</sup> <b>BODYSTEP</b>	LES MILLS <sup>60</sup> <b>BODYPUMP</b>	LES MILLS <sup>60</sup> <b>BODYSTEP</b>	Functional Fitness <sup>45</sup>	
9.10 AM	LES MILLS <sup>45</sup> <b>RPM SPIN</b>	VINYASA YOGA <sup>60</sup>	HATHA YOGA <sup>60</sup>	LES MILLS <sup>45</sup> <b>RPM SPIN</b>	VINYASA YOGA <sup>60</sup>	
10.15 AM				LES MILLS <sup>30</sup> <b>CORE</b>		
10.30 AM	Active Seniors <sup>60</sup>	Seniors Pilates <sup>60</sup>	Active Seniors <sup>60</sup>		Active Seniors <sup>60</sup>	
11.30 AM	Senior Stretch & Revitalise <sup>60</sup>			Seniors Pilates <sup>60</sup>		
4.30 PM	 ZUMBA <sup>45</sup>					
5.00 PM		LES MILLS <sup>45</sup> <b>RPM SPIN</b>		LES MILLS <sup>45</sup> <b>BODYPUMP</b>		
5.30 PM	YIN YOGA <sup>60</sup>		Pilates <sup>45</sup>			
6.00 PM		LES MILLS <sup>30</sup> <b>CORE</b>		SLOW FLOW YOGA <sup>60</sup>		

# GROUP FITNESS TIMETABLE

EFFECTIVE 21ST JULY 2023

GLC Full and GLC & NCC Group Fitness Members Only

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Functional Fitness <sup>45</sup>	LES MILLS <b>BODYPUMP</b> <sup>45</sup>	LES MILLS <b>RPM SPIN</b> <sup>45</sup>	Functional Fitness <sup>45</sup>	LES MILLS <b>RPM SPIN</b> <sup>45</sup>	
7:10 AM						LES MILLS <b>RPM SPIN</b> <sup>45</sup>
8:00 AM		YIN YOGA <sup>60</sup>			LES MILLS <b>BODYPUMP</b> <sup>60</sup>	
8:05 AM						LES MILLS <b>BODYPUMP</b> <sup>45</sup>
9:00 AM						LES MILLS <b>BODYSTEP</b> <sup>45</sup>
9:10 AM	LES MILLS <b>BODYPUMP</b> <sup>60</sup>	LES MILLS <b>BODYSTEP</b> <sup>60</sup>	LES MILLS <b>BODYPUMP</b> <sup>60</sup>	LES MILLS <b>BODYSTEP</b> <sup>60</sup>	Functional Fitness <sup>60</sup>	
9:10 AM	LES MILLS <b>RPM SPIN</b> <sup>45</sup>	VINYASA YOGA <sup>60</sup>	HATHA YOGA <sup>60</sup>	LES MILLS <b>RPM SPIN</b> <sup>45</sup>	VINYASA YOGA <sup>60</sup>	
10:30 AM	Active Seniors <sup>60</sup>	Seniors Pilates <sup>60</sup>	Active Seniors <sup>60</sup>	TAI CHI <sup>60</sup>	Active Seniors <sup>60</sup>	
11:30 AM	Senior Stretch & Revitalise <sup>60</sup>					
4:30 PM	 ZUMBA <sup>45</sup>					
5:30 PM	YIN YOGA <sup>60</sup>	LES MILLS <b>RPM SPIN</b> <sup>45</sup>	Pilates <sup>45</sup>	LES MILLS <b>BODYPUMP</b> <sup>45</sup>		

# GROUP FITNESS TIMETABLE

EFFECTIVE JULY 2023

GLC Full and GLC & NCC Group Fitness Members Only

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Functional Fitness <sup>45</sup>	LES MILLS BODYPUMP <sup>45</sup>	LES MILLS RPM SPIN <sup>45</sup>	Functional Fitness <sup>45</sup>	LES MILLS RPM SPIN <sup>45</sup>	
7:10 AM						LES MILLS RPM SPIN <sup>45</sup>
8:00 AM		YOGA <sup>60</sup>			Bodypump Seniors <sup>60</sup>	
8:05 AM						LES MILLS BODYPUMP <sup>45</sup>
9:00 AM						LES MILLS BODYSTEP <sup>45</sup>
9:10 AM	LES MILLS BODYPUMP <sup>60</sup>	LES MILLS BODYSTEP <sup>60</sup>	LES MILLS BODYPUMP <sup>60</sup>	LES MILLS BODYSTEP <sup>60</sup>	Functional Fitness <sup>60</sup>	
9:10 AM	LES MILLS RPM SPIN <sup>45</sup>	YOGA <sup>60</sup>	YOGA <sup>60</sup>	LES MILLS RPM SPIN <sup>45</sup>	YOGA <sup>60</sup>	
10:30 AM	Active Seniors <sup>60</sup>	Seniors Pilates <sup>60</sup>	Active Seniors <sup>60</sup>	TAI CHI <sup>60</sup>	Active Seniors <sup>60</sup>	
11:30 AM	Senior Stretch & Revitalise <sup>60</sup>					
4:30 PM	ZUMBA FITNESS <sup>45</sup>					
5:30 PM	YOGA <sup>60</sup>	LES MILLS RPM SPIN <sup>45</sup>	Pilates <sup>50</sup>	LES MILLS BODYPUMP <sup>45</sup>		

**YOGA:** Vinyasa Flow. Vinyasa allows for a lot of variety, but will almost always include sun salutations. Expect to move, sometimes vigorously, from pose to pose.

**BODYSTEP:** An athletic based workout on the Step that targets the legs and butt. Burn fat and have fun!

**FUNCTIONAL FITNESS:** A wonderful high intensity fitness program open to all fitness levels. Fun, challenging and fast results.

**BODYPUMP:** A complete body workout using weights to strengthen, shape, condition, and define all major muscle groups.

**ZUMBA:** A total body dance workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**RPM:** An Indoor Cycling Workout. Increase your cardiovascular fitness, burn fat, tone and shape your legs, hips and butt. Burn up to 600 calories in a 45 min class.

**ACTIVE SENIORS:** Supervised progressive strength and training program dedicated to improving the health, well being and independence of people aged 50 and over in a social and enjoying setting.

**STRETCH, REVITALISE AND RELAX:** Low intensity seniors class. Improve strength, balance, co-ordination and muscle tone. The relaxation component will calm and refresh the soul.

**TAI CHI:** A practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.

**PILATES:** A strengthening and lengthening form of exercise that focuses on your core (trunk) muscles while also training your arms and legs.

**SENIORS PILATES:** Is a low impact exercise program that focuses on strengthening the core muscles and improving flexibility, balance, and coordination, in a safe and gentle way

**\*CLASS TIMETABLE SUBJECT TO CHANGE.**

\*Please make sure you arrive at each class at least 5 minutes before the starting time. Instructors will not allow entry to any latecomers. This helps to ensure all classes continue to run on time and don't impact later sessions.

\*We ask all attendees to bring towels to each class and to wipe down equipment using provided sanitisation products after use.

## Facility Hire

The Centre consists of a Sports Stadium, Multi Purpose Room, Meeting Room, Family Activity Room, Kitchen and Exhibition Space. All the areas are available for hosting functions, events, classes, sports activities and conferences.

Contact the Centre for prices and availability. Facility hire is also available outside reception hours with prior arrangement.

## Centre Programmes

Social Badminton:

Tuesday 10:30am-12:30pm & Friday 12:45pm-2:45pm

60

YOGA

60

YOGA

60

YOGA

60

YOGA

60

YOGA

60

YOGA

**LES MILLS** <sup>45'</sup>  
**RPM** SPIN

**LES MILLS** <sup>45'</sup>  
**RPM** SPIN

**LES MILLS** <sup>45'</sup>  
**RPM** SPIN

**LES MILLS** <sup>45'</sup>  
**RPM** SPIN

**LES MILLS** <sup>45'</sup>  
**RPM** SPIN

**LES MILLS** <sup>45'</sup>  
**RPM** SPIN



**LES MILLS**  
**BODY PUMP**



**LES MILLS**  
**BODY PUMP**



**LES MILLS**  
**BODY PUMP**



**LES MILLS**  
**BODY PUMP**



**LES MILLS**  
**BODY PUMP**



**LES MILLS**  
**BODY PUMP**



**LES MILLS**  
**BODYSTEP**



**LES MILLS**  
**BODYSTEP**



**LES MILLS**  
**BODYSTEP**



**LES MILLS**  
**BODYSTEP**



**LES MILLS**  
**BODYSTEP**



**LES MILLS**  
**BODYSTEP**

45

**FIT HITT**

45

**FIT HITT**

45

**BOXING**

45

**PILATES**

45

**PILATES**





**LES MILLS**  
**BODYSTEP**



**LES MILLS**  
**BODYSTEP**



**LES MILLS**  
**BODYPUMP**



**LES MILLS**  
**BODYPUMP**



**LES MILLS**  
**RPM SPIN**



**LES MILLS**  
**BODYCOMBAT**



**LES MILLS**  
**BODYCOMBAT**



**LES MILLS**  
**BODYCOMBAT**



**LES MILLS**  
**BODYCOMBAT**



**LES MILLS**  
**BODYCOMBAT**

45

**FUNCTIONAL**

45

**FUNCTIONAL**

60

Swim Fit

50

AQUAFIT

50

AQUALEANS

60

Swim Fit

50

AQUAFIT

50

AQUA ZUMBA

60

Swim Fit

50

AQUAFIT

50

LIFESTYLE  
AQUAFIT

50

AQUALEANS

50

AQUALEANS

50

LIFESTYLE  
AQUAFIT

**8:00 AM**

**7:00 AM**

**LIFESTYLE  
GYM CIRCUIT**

**8:00 AM**

**9:15 AM**

**WOD**

**6:00 AM**

**11:00 AM**

**9:00 AM**

**6:00 PM**

**WOD**

**LIFESTYLE  
GYM CIRCUIT**

**LIFESTYLE  
GYM CIRCUIT**

**WOD**

**LIFESTYLE  
GYM CIRCUIT**

**WOD**

**WOD**

**LIFESTYLE  
SUPERVISED  
GYM**

**LIFESTYLE  
SUPERVISED  
GYM**

**LIFESTYLE  
GYM CIRCUIT**

**LIFESTYLE  
SUPERVISED  
GYM**

**LIFESTYLE  
SUPERVISED  
GYM**

**5:45 AM**

**8:30 AM**

**7:30 AM**

**8:15 AM**

**8:00 AM**

**9:10 AM**

**9:15 AM**

**10:05 AM**

**5:30 PM**

**10:15 AM**

**6:20 PM**

**4:30 PM**

50

AQUA ZUMBA

50

AQUA ZUMBA

50

AQUA ZUMBA

45

FUNCTIONAL

60

YOGA

45

FUNCTIONAL



**LIFESTYLE  
GROUP CIRCUIT** <sup>50</sup>

**YOGA** <sup>60</sup>

**LIFESTYLE  
GROUP CIRCUIT** <sup>50</sup>

**YOGA** <sup>60</sup>

**YOGA** <sup>60</sup>

**YOGA** <sup>60</sup>

**LIFESTYLE  
GROUP CIRCUIT** <sup>50</sup>

**YOGA** <sup>60</sup>

**LIFESTYLE  
GROUP CIRCUIT** <sup>50</sup>

**YOGA** <sup>60</sup>

**YOGA** <sup>60</sup>

**YOGA** <sup>60</sup>

50

# AQUA ZUMBA

temp class from 22/02/23