

Wulanda Group Fitness Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.05am	Boot Camp (45min) Court 6	Strength (45min) Level 1 Gym	Speed (45min) Level 1 Gym	Resistance (45min) Level 1 Gym	Boot Camp (45min) Court 6	
	LES MILLS BODY PUMP (45min) Level 1 Program Room					
7.15am	Power Circuit (45min) Level 1 Program Room	Spin (45min) Level 1 Program Room	Boxing (45min) Level 1 Program Room	Power Circuit (45min) Level 1 Program Room	Spin (45min) Level 1 Program Room	
7.30am						LES MILLS BODY STEP (45min) Level 1 Program Room
8.00am				Spin (45min) Level 1 Program Room		
8.30am						LES MILLS BODY BALANCE(45min) Level 1 Program Room
9.00am	Aqua Combat(45min) Warm Water Pool	Core & More (30min) Level 1 Program Room	Aqua HIIT(45min) Warm Water Pool	LES MILLS BODY STEP (45min) Level 1 Program Room	Aqua Aerobics(45min) Warm Water Pool	
9.30am		Stretch & Flex (30min) Level 1 Program Room				
10.00am			Mindful Movement (45min) Level 1 Program Room	Yoga (45min) Level 1 Program Room		
10.30am	Aqua Deep(45min) 25m Pool	Aqua Aerobics(45min) 25m Pool			Aqua Deep(45min) 25m Pool	
11.30am	Active Adults (45min) Level 1 Gym	Active Adults (45min) Level 1 Program Room	Active Adults (45min) Level 1 Program Room	Active Adults (45min) Level 1 Program Room	Active Adults (45min) Level 1 Program Room	
12.30pm	Cardio Blast (45min) Level 1 Gym	Strength (45min) Level 1 Gym	Speed (45min) Level 1 Gym	Resistance (45min) Level 1 Gym	Functional Fit (45min) Level 1 Gym	
4.00pm	Teen Gym (2hr session) Level 1 Gym	Teen Gym (2hr session) Level 1 Gym	Teen Gym (2hr session) Level 1 Gym	Teen Gym (2hr session) Level 1 Gym	Teen Gym (2hr session) Level 1 Gym	
5.00pm					C30 - Teen (30min) Level 1 Gym	
5.30pm	LES MILLS BODY STEP (45min) Level 1 Program Room	LES MILLS BODY PUMP(45min) Level 1 Program Room	Freestyle (45min) Level 1 Program Room			
	Aqua Combat(45min) Warm Water Pool	Aqua HIIT(45min) Warm Water Pool	Aqua Aerobics(45min) Warm Water Pool	Aqua HIIT(45min) Warm Water Pool		
6.00pm	Cardio Blast (30min) Level 1 Gym	Strength (30min) Level 1 Gym	Speed (30min) Level 1 Gym	Resistance (30min) Level 1 Gym		
6.30pm	Boxing (45min) Level 1 Program Room	LES MILLS BODY BALANCE(45min) Level 1 Program Room	Strength & Conditioning (45min) Level 1 Program Room	LES MILLS BODY PUMP(45min) Level 1 Program Room		
		Aqua Combat(45min) Warm Water Pool				

