

Brunswick Baths

12 January 2026

GROUP FITNESS ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00 am	BODY PUMP		BODY PUMP		BODY PUMP		
7.15 am	Q-FIT		Q-FIT		Q-FIT		
8.30 am		BODY BALANCE					
9.00 am				BODY PUMP		BODY ATTACK	BODY PUMP
9.30 am	ZUMBA GOLD	ACTIVE MOVERS			BODY PUMP		
10.00 am						BODY PUMP	
10.30 am		BODY PUMP	BODY PUMP	ABT			
11.00 am	ACTIVE LIVING					BODY BALANCE	
11.30 am				ACTIVE MOVERS			
4.00 pm						PILATES	BODY PUMP
4.30 pm	PILATES						
5.00 pm						BODY PUMP	PILATES
5.30 pm	BODY PUMP		BODY STEP	BODY PUMP	ZUMBA		
6.00 pm		BODY BALANCE					
6.30 pm	BODY ATTACK	BODY PUMP	BODY PUMP	ZUMBA			
7.30 pm			BODY BALANCE				

WELLNESS ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30 am					PILATES		
7.00 am		BARRE	BARRE	YOGA			
8.00 am						CORE STRENGTH	
8.30 am							YOGA
9.00 am		PILATES				CORE STRENGTH	
9.30 am							Q-FIT MOBILITY
10.00 am						YOGA	
10.30 am		YOGA (Beginners)					YOGA
11.00 am			YOGA	YIN YOGA	YOGA	BODY BALANCE	
12.00 pm		YOGA		YIN YOGA	YOGA		
12.30 PM	YOGA						
1.30 pm	YOGA						
5.00 pm							BODY BALANCE
5.30 pm				YOGA	BODY BALANCE		
6.00 pm	PILATES						
6.30 pm			YOGA				
7.00 pm		YOGA					
7.30 pm	BODY BALANCE			PILATES			
8.00 pm		PILATES					

CYCLE STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00 am					RPM		
6.15 am		RPM		RPM			
9.00 am						CYCLE	
9.30 am	CYCLE	CYCLE	CYCLE				
10.00am							RPM
12.00 pm	VIRTUAL CYCLE						
5.30 pm			RPM				
6.00 pm		RPM					
6.30 pm	RPM			CYCLE			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
INDOOR POOL	8.00 am AQUA SENIORS	AQUA SENIORS	AQUA SENIORS	AQUA SENIORS	AQUA SENIORS		
	1.30 pm WATER WORKOUT						
	3.00 pm					WATER WORKOUT	
	4.00 pm						WATER WORKOUT
	7.00 pm		WATER WORKOUT				
	7.30 pm			WATER WORKOUT			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OUTDOOR POOL	6.00 am SWIM SQUAD	SWIM SQUAD	SWIM SQUAD	SWIM SQUAD	SWIM SQUAD		
	9.00 am DEEP WATER RUNNING		DEEP WATER RUNNING		DEEP WATER RUNNING		
	4.15 pm					DEEP WATER RUNNING	
	6.30 pm SOCIAL SWIM SQUAD						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REFORMER STUDIO	6.15 am REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
	7.15 am REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
	8.00 am					REFORMER PILATES	REFORMER PILATES
	9.00 am					REFORMER PILATES	REFORMER PILATES
	10.00 am					REFORMER PILATES	REFORMER PILATES
	11.00 am REFORMER PILATES	REFORMER PILATES					
	12.00 pm REFORMER PILATES						
	5.30 pm REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		REFORMER PILATES	
	6.30 am REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FUNCTIONAL TRAINING ROOM	6.00 am	EXPRESS ADRENALINE					
	6.15 am		BOOTCAMP				
	6.30 am	EXPRESS ADRENALINE					
	7.15 am ADRENALINE HIT	ADRENALINE STRENGTH	Q FIT	ADRENALINE STRENGTH	ADRENALINE HIT		
	9.00 am					ADRENALINE	
	9.30 am ACTIVE LIVING	ACTIVE LIVING	ACTIVE LIVING	ACTIVE STRENGTH	ACTIVE LIVING		ADRENALINE X
	10.00 am					ADRENALINE X	
	10.30 am ACTIVE LIVING	ACTIVE LIVING	ACTIVE LIVING	ACTIVE LIVING	ACTIVE LIVING		
	4.00 pm						BOXING
	4.30 pm		BOXING				
	5.30 pm ADRENALINE HIT		ADRENALINE HIT				
	5.45 pm	ADRENALINE STRENGTH		ADRENALINE STRENGTH			
	6.15 pm Q-FIT		Q-FIT				

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