

Brunswick Baths Group Fitness

Time Table

GROUP FITNESS ROOM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am	BODY PUMP 55min (Les Mills)		BODY PUMP 55min (Les Mills)		BODY PUMP 55min (Les Mills)		
	8:30am		TAI CHI 55min					
	9:00am				BODY PUMP 55min (Les Mills)		BODY ATTACK 55min (Les Mills)	BODY PUMP 55min (Les Mills)
	9:30am	ZUMBA GOLD 55min	B ACTIVE LONGER 45min (Strength)	B ACTIVE LONGER 45min (Circuit)		BODY PUMP 55min (Les Mills)		
	10:00am						BODY PUMP 55min (Les Mills)	
	10:30am		BODY PUMP 55min (Les Mills)	BODY PUMP 55min (Les Mills)	BODY SCULPT 45min	B ACTIVE LONGER 45min (Aerobic)		
	11:00am	B ACTIVE LONGER 45min						
	11:30am				TAI CHI 45min			
	4:00pm							BODY PUMP 55min (Les Mills)
	4:30pm	MAT PILATES 55min		BODY STEP 55min (Les Mills)				
	5:00pm						BODY PUMP 55min (Les Mills)	MAT PILATES 55min
	5:30pm	BODY PUMP 55min (Les Mills)		BODY PUMP 55min (Les Mills)	BODY PUMP 55min (Les Mills)	ZUMBA 55min		
	6:30pm	BODY ATTACK 55min (Les Mills)	BODY PUMP 55min (Les Mills)		ZUMBA 55min			
	7:30pm	BODY BALANCE 55min (Les Mills)						
	8:00pm		MAT PILATES 55min					

CYCLE STUDIO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am					RPM 50min (Les Mills)		
	6:15am		RPM 55min (Les Mills)		RPM 55min (Les Mills)			
	9:00am						CYCLE 55min	
	9:30am	CYCLE 55min	CYCLE 55min	CYCLE 55min				
	10:00am							RPM 55min (Les Mills)
	12:00pm	RPM VIRTUAL 50min	RPM VIRTUAL 50min	RPM VIRTUAL 50min		RPM VIRTUAL 50min	RPM VIRTUAL 50min	RPM VIRTUAL 50min
	5:30pm		RPM 45min (Les Mills)					
	6:00pm			RPM VIRTUAL 50min (Les Mills)	RPM 45min (Les Mills)			
	6:30pm	RPM 55min (Les Mills)						

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Wellness Studio Time Table

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WELLNESS STUDIO	7:00am	BARRE 45min		SHAPES 55min (Les Mills)	YOGA FLOW 55min	SHAPES 55min (Les Mills)	
	8:00am					PILATES 55min	
	8:15am			BARRE 45mins			
	8:30am						YOGA ALIGN 55min
	9:00am		PILATES 55min			PILATES 55min	
	9:35am						PRIDE MOVERS 55min
	10:00am					YOGA 55min	
	10:30am		YOGA ALIGN 55min				YOGA FLOW 60min
	11:00am			YOGA CALM 55min	YOGA 55mins	YOGA FLOW 55min	BODY BALANCE 55min (Les Mills)
	12:00pm		YOGA FLOW 55min		YOGA CALM 55min	YOGA FLOW 55min	
	12:30pm	YOGA FLOW 55min					
	1:30pm	YOGA FLOW 55min					
	4:00pm					PILATES 55min	YOGA FLOW 55min
	4:30pm	PILATES 55min					
	5:00pm						BODY BALANCE 60min (Les Mills)
	5:05pm						PILATES 55min
	5:30pm		BODY BALANCE 55min (Les Mills)		YOGA FLOW 55min	BODY BALANCE 55min (Les Mills)	
	6:00pm	CORE 45min (Les Mills)					
	6:30pm		VINYASA YOGA 55min				
	6:45pm	PILATES 30min					
	7:00pm		YOGA FLOW 55min				
	7:30pm			YIN YOGA 55min	CORE 45min (Freestyle)		

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Time Table

REFORMER PILATES STUDIO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15am	INTERMEDIATE REFORMER 45min	REFORMER FOUNDATIONS 45min	INTERMEDIATE REFORMER 45min	REFORMER FOUNDATIONS 45min	INTERMEDIATE REFORMER 45min		
	7:15am	REFORMER FOUNDATIONS 45min	INTERMEDIATE REFORMER 45min	REFORMER FOUNDATIONS 45min	INTERMEDIATE REFORMER 45min	REFORMER FOUNDATIONS 45min		
	8:00am						REFORMER FOUNDATIONS 45min	INTERMEDIATE REFORMER 45min
	9:00am						INTERMEDIATE REFORMER 45min	REFORMER FOUNDATIONS 45min
	10:00am						REFORMER FOUNDATIONS 45min	INTERMEDIATE REFORMER 45min
	11:00am	REFORMER FOUNDATIONS 45min	INTERMEDIATE REFORMER 45min	REFORMER FOUNDATIONS 45min	INTERMEDIATE REFORMER 45min	REFORMER FOUNDATIONS 45min	INTERMEDIATE REFORMER 45min	REFORMER FOUNDATIONS 45min
	12:00pm	INTERMEDIATE REFORMER 45min	REFORMER FOUNDATIONS 45min	INTERMEDIATE REFORMER 45min	REFORMER FOUNDATIONS 45min	INTERMEDIATE REFORMER 45min		
	3:00pm							REFORMER FOUNDATIONS 45min
	4:30pm	PRENATAL REFORMER 45min						
	5:15pm						INTERMEDIATE REFORMER 45min	
	5:30pm	INTERMEDIATE REFORMER 45min	REFORMER FOUNDATIONS 45min	INTERMEDIATE REFORMER 45min	REFORMER FOUNDATIONS 45min			
	6:30pm	REFORMER FOUNDATIONS 45min	INTERMEDIATE REFORMER 45min	REFORMER FOUNDATIONS 45min	INTERMEDIATE REFORMER 45min			

FUNCTIONAL TRAINING ROOM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am		B ACTIVE FUNCTIONAL 30min (Aerobic)					
	7:15am	B ACTIVE FUNCTIONAL 30min	B ACTIVE FUNCTIONAL 45min (Strength)		B ACTIVE FUNCTIONAL 45min (Strength)	B ACTIVE FUNCTIONAL 45min		
	9:00am						B ACTIVE FUNCTIONAL 45min	
	9:30am		B ACTIVE LONGER 45min (Circuit)	B ACTIVE LONGER 45min (Circuit)		B ACTIVE LONGER 45min (Circuit)		B ACTIVE FUNCTIONAL 45min
	9:30am	B ACTIVE LONGER 45min (Circuit)						
	9:45am						B ACTIVE FUNCTIONAL 45min	
	10:30am	B ACTIVE LONGER 45min (Circuit)	B ACTIVE LONGER 45min (Circuit)	B ACTIVE LONGER 45min (Circuit)	B ACTIVE LONGER 45min (Circuit)	B ACTIVE LONGER 45min (Aerobic)		
	5:30pm	B ACTIVE FUNCTIONAL 45min		B ACTIVE FUNCTIONAL 45min				
	5:45pm		B ACTIVE FUNCTIONAL 45min (Strength)		B ACTIVE FUNCTIONAL 45min (Strength)			
	6:15pm	QUEER FITNESS 45min		QUEER FITNESS 45min				
	6:45pm		BOXING 45min		BOXING 45min			

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Aqua Time Table

INDOOR POOL		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00am			AQUA AEROBICS 45min	AQUA AEROBICS 45min	AQUA AEROBICS 45min		
	8:15am		AQUA AEROBICS 45min					
	1:30pm	AQUA AEROBICS 45min						
	3:15pm						AQUA AEROBICS 45min	
	4:00pm							AQUA AEROBICS 45min
	7:00pm		AQUA AEROBICS 45min					
	7:30pm				AQUA AEROBICS 45min			

OUTDOOR POOL		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:00am	DEEP WATER RUNNING 45min		DEEP WATER RUNNING 45min		DEEP WATER RUNNING 45min		
	10:00am					DEEP WATER RUNNING 45min		
	4:15pm						DEEP WATER RUNNING 45min	

OUTDOOR TRAINING ZONE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00am		BOXING 45min					
	7:15am	QUEER FIT 45min		QUEER FIT 45min		QUEER FIT 45min		
	9:30am				BOXING 45min			
	4:30pm			BOXING 45min				
	6:30pm				BOXING 45min			