

Group Class *Weekly schedule*

From February 2026

Main Studio

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------|--------|------------------|----------------|----------|--------|----------|
| 10:00 | | | Mum's and Bubs | | | Zumba |
| 10:45 | | | Mat Pilates | | | |
| 18:00 | Zumba | Low Impact Zumba | | Zumba | | |

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change