

# Group Class *Weekly schedule*

From  
October 2025

## Main Studio

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:45			Mum's and Bubs			
10:00						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