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| MONDAY | STRENGTHEN 12:15–12:45 Gym Gym team | BE ACTIVE, FEEL WELL 13.30–14.30 Gym Gym Team | STUDENT WOMENS ONLY BADMINTON 15.00–16.00 Sports Hall Rec team | SLOW FLOW VINYASA YOGA 17.45–18.30 Studio 3/4 Martina | ZUMBA PARTY 17.45–18.30 Studio 1 Andrea | INDOOR CYCLE 18.00–19.00 Studio 5 Charmaine | QI AND FLOW YOGA 18:45–19:45 Studio 3/4 Dan | WOMEN'S ONLY BOXING 18.45–19.45 Studio 1 Patricia | | | | |
| TUESDAY | LEGS, BUMS AND TUMS 07:30–08:00 Gym Gym team | STAFF YOGA 07:30–08:15 Studio 3/4 Martina | JUST PLAY BASKETBALL 12.00–13.00 Sports Hall Rec team | BE ACTIVE, FEEL WELL 13.00–14.00 Gym Gym Team | STAFF BADMINTON 13.00–14.00 Sports Hall Rec team | BOOTCAMP 17:30–18:00 Gym Gym team | RHYTHM & WEIGHTS 17:45–18:30 Studio 1 Carol | WOMEN'S ONLY HIIT 17:45–18:30 Studio 3/4 Patricia | BOXING CLUB 18:30–19:30 Studio 1 Patricia | PILATES All Levels 18:30–19:30 Studio 3/4 Carol | | |
| WEDNESDAY | STUDENT PICKLEBALL 11.00–12.00 Sports Hall Rec team | STAFF PICKLEBALL 12.00–13.00 Sports Hall Rec team | ENDURANCE 12:15–12:45 Gym Gym team | PILATES Intermediate-Advanced 12.15–13.00 Studio 3/4 Joana | BE ACTIVE, FEEL WEL 17.30–18.30 Gym Gym Team | WOMEN'S ONLY YOGA 17.45–18.30 Studio 1 Erin | BARRE WORKOUT 17:45–18:30 Studio 3/4 Joana | VINYASA YOGA 18:30–19:30 Studio 3/4 Erin | PILATES Foundational 18:30–19:30 Studio 1 Joana | | | |
| THURSDAY | ABSOLUTE CORE 07:30–08:00 Gym Gym team | BE ACTIVE, FEEL WELL 11.30–12.30 Gym Gym Team | STUDENT BADMINTON 12.00–13.00 Sports Hall Rec team | PILATES All Levels 12:30–13:15 Studio 3/4 Joana | NO STRINGS BADMINTON 13:00–14:00 Sports Hall Rec team | CONDITIONER 17:30–18:00 Gym Gym team | RHYTHM & WEIGHTS 17:45–18:30 Studio 1 Charmaine | PILATES All Levels 17:45–18:30 Studio 3 Grainne | YIN YANG YOGA 17:45–18:30 Studio 4 Martina | BOXING CLUB 18:30–19:30 Studio 1 Patricia | INDOOR CYCLE 18:30–19:30 Studio 5 Charmaine | |
| FRIDAY | JUST PLAY PICKLEBALL 12.00–13.00 Sports Hall Rec team | CIRCUIT 12:15–12:45 Gym Gym team | STUDENT BADMINTON 13.00–14.00 Sports Hall Rec team | BARRE 17:45–18:30 Studio 3/4 Joana | YIN TO YANG YOGA 18:30–20:00 Studio 3/4 Hari | | | | | | | |
| SATURDAY | VINYASA POWER FLOW 10:30–11:30 Studio 3/4 Anna | INDOOR CYCLE 10:30–11:30 Studio 5 Charmaine | ZUMBA PARTY 10:30–11:30 Studio 1 Andrea | BOSU CORE BALANCE 11:30–12:15 Studio 3/4 Charmaine | SCULPT AND CONDITIONING 11:45–12:45 Studio 1 Anna | HYBRID 12:15–13:00 Gym Gym team | | | | | | |
| SUNDAY | | | | | | | VINYASA TO THE BEAT 10:30–12:00 Studio 3/4 Nasrine | BURN 12:15–13:00 Gym Gym team | BE ACTIVE, FEEL WELL 14.00–15.00 Gym Gym Team | | | |

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| DANCE SERIES These fun, energetic classes that combine dynamic choreography with great music to get you moving and feeling great. | INTENSITY SERIES Our toughest classes, designed to push your limits and deliver maximum results, all taking place in the gym. | PLAY SERIES Exciting sporting activities held in the sports hall, designed to keep you active, engaged and having fun. | SWEAT SERIES High-energy classes designed to make you move, sweat and build endurance while having fun. | WELLNESS SERIES Mindfulness classes focused on relaxation, breathing and helping to improve balance, strength and overall wellbeing. |
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