



Healthy Living Centre Junior Fitness Timetable

Monday	
6.30am-8.30am	Family Fit
10.00am	Indoor Cycling
12.00pm	Aquacise
6.00pm	Indoor Cycling
7.00pm	Indoor Cycling
7.15pm	Rockbox
7.30pm	Aquacise

Tuesday	
6.30am-8.30am	Family Fit
6.45am	Indoor Cycling
11.15am	Dancefit
12.15pm	Aquacise
12.15pm	Indoor Cycling
4.30pm	Junior Gym
6.00pm	Indoor Cycling

Wednesday	
6.30am-8.30am	Family Fit
10.00am	Indoor Cycling
12.00pm	Aquacise
5.30pm	Indoor Cycling

Thursday	
6.30am-8.30am	Family Fit
4.30pm	Junior Gym
6.30pm	Indoor Cycling
6.30pm	Rockbox

Friday	
6.30am-8.30am	Family Fit
10.00am	Indoor Cycling
11.00am	Dancefit
12.00pm	Aquacise
6.45pm	Indoor Cycling
7.45pm	Aquacise

Saturday	
9am-12pm	Family Fit
10.00am	Indoor Cycling

Sunday	
9am-12pm	Family Fit
10.00am	Indoor Cycling

Junior Gym Ages 10-13	Family Fit Aged 8+	Fitness Class Ages 14+
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N.B all fitness classes are as per the usual fitness timetable and open to all members aged 14+ not just juniors.