Brunswick Baths Group Fitness Timetable
Effective Monday 25 January

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
6.00 am	Body Attach	**6.00 am**	Body Step	**6.00 am**	Body Pump	**6.00 am**	Body Pump	**6.00 am**	Body Attack	**8.00 am**	Adrenaline	**9.00 am**	Body Pump
6.15 am	Adrenaline	**6.15 am**	RPM	**6.15 am**	Adrenaline	**6.15 am**	RPM	**6.15 am**	RPM	**8.00 am**	Pilates	**9.00 am**	Adrenaline
8.30 am	Aqua	**7.15 am**	Adrenaline	**8.30 am**	Aqua Seniors	**6.15 am**	Adrenaline	**7.15 am**	Adrenaline	**9.00 am**	Cycle	**10.00 am**	RPM
9.30 am	Deep Water Running	**8.30 am**	Aqua Seniors	**9.30 am**	Deep Water Running	**9.00 am**	Body Balance	**8.30 am**	Active Seniors	**10.00 am**	Body Attack	**11.00 am**	Yoga
9.30 am	Cycle	**9.30 am**	Cycle	**9.30 am**	ABT	**9.30 am**	Cycle	**9.30 am**	Deep Water Running	**11.00 am**	Body Pump	**4.00 pm**	Body Pump
11.00 am	Active Seniors	**9.30 am**	Active Seniors	**10.30 am**	Body Pump	**4.30 pm**	Body Step	**9.30 am**	Body Pump	**4.00 pm**	S'Bham	**5.00 pm**	Body Balance
5.30 pm	Body Pump (starting 8 Feb)	**10.30 am**	Body Pump	**10.30 am**	Active Hearts	**5.30 pm**	Body Pump	**10.30 am**	Strength and Stability	**4.30 pm**	RPM		
6.15 pm	Adrenaline	**5.00 pm**	Body Pump	**11.00 am**	Yoga	**6.30 pm**	Body Attack	**10.30 am**	Active Hearts				
6.30 pm	Body Attack	**5.30 pm**	Body Attack	**5.30 am**	Body Step	**7.15 pm**	Adrenaline	**11.00 am**	Yoga				
7.00 PM	RPM	**6.00 pm**	Body Balance	**6.00 pm**	RPM	**7.30 pm**	Body Balance	**5.00 pm**	RPM				
7.30 pm	CX WORX	**6.30 pm**	Body Pump	**6.00 pm**	Adrenaline			**6.00 pm**	Body Balance				
8.00 pm	Body Balance	**7.00 pm**	Aqua	**6.30 pm**	Body Attack								
		7.30 pm	Body Pump/CX WORX	**7.30 pm**	Body Balance								