

Tredegar Sports Centre

Group Exercise Classes

life.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Get to Know Your Gym 8:30am	Movers & Shakers 11:00am	Get to Know Your Gym 8:30am	BODYCOMBAT 9:30am	Get to Know Your Gym 7:45am	BODYBALANCE 10am	BODYCOMBAT 9:45am
Get to Know Your Gym 9:30am	Wellness Workout 12:30pm	Aqua Aerobics 9:45am	Fitsteps 11:00am	Aqua Tone 8:45am		BODYSTEP 10:30am
Circuits 9:30am	BODYCOMBAT 5:30pm	Gentle Exercise 10:45am	Wellness Workout 12:30pm	BODYPUMP 9:45am		Aqua Zumba 3:45pm
Mam & Baby Spin 10:50am	HIT Strong 6:15pm	Buggy Fit 11:00am	Mindful Movement 1:30pm	Get to Know Your Gym 9:45am		
Aqua Aerobics 11:45am	Yogalates 6:30pm	Kettlebells 5:30pm	BODYSTEP 5:30pm	Restorative Yoga 1:30pm		
Healthy Living Healthy Life 1:00pm	Aqua Fit 7:45pm	Step & Pump 6:15pm	Circuits 6:30pm	Tap To Get Fit 5:00pm		
Velocity 5:00pm		Yoga 7:15pm	Zumba Step 7:30pm	BODYCOMBAT 5:15pm		
Spin 6:00pm				HIT Mix 6:00pm		
Strong 7:00pm				Pilates 6:00pm		
Zumba 8:00pm						

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Improving community life

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ONDEMAND

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BODYPUMP

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BODYCOMBAT

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GRIT