

Activity timetable at Bert Williams Leisure Centre

Classes are 45 minutes with the exception of all aqua sessions which are 1 hour unless otherwise stated.

Day of the week	Time	Class	Area
Monday	7.15am	Boxfit	Work Out Zone
	9.30am	Circuits	Work Out Zone
	4.15pm	Kettlebell	Work Out Zone
	5.15pm	Step	Work out Zone
	6.15pm	Circuits	Work out Zone
	7.30pm	Spin	Youth Gym
Tuesday	7.15am	Spin	Youth Gym
	9.30am	Shape and Tone	Work Out Zone
	11.30am	Aqua	Main Pool
	4.15pm	Boxfit	Work Out Zone
	5.30pm	Abs (30 mins)	Work Out Zone
	7.15pm	Spin	Youth Gym
Wednesday	7.15am	Bootcamp	Work out zone
	9.30am	Circuits	Work Out Zone
	1.15pm	Spin	Youth Gym
	6.30pm	Boxfit	Work Out Zone
	7.30pm	Spin	Youth Gym
	8.30pm	Aqua	Main Pool
Thursday	9.30am	Aqua	Main Pool
	1.15pm	Circuits	Work out Zone
	4.15pm	Kettlebell	Work Out zone
	6.15pm	Spin	Youth Gym
	7.30pm	Aqua	Studio Pool

Day of the week	Time	Class	Area
Friday	9.30am	Boxfit	Youth Gym
	4.15pm	Bootcamp	Work Out Zone
	5.30pm	Circuits	Work Out Zone
Saturday	8.15am	Kettlebell	Work Out Zone
	9.15am	Aerobics	Work Out Zone
	12.15pm	Bums and Tums	Work Out Zone
	3.30pm	Aqua	Main Pool
	5.30pm	Bootcamp	Work Out Zone
Sunday	8.15am	Bootcamp	Work Out Zone
	4.00pm	Spin	Youth Gym