

# Week commencing Monday 20th April 2026

<b>MONDAY</b>	6.10am	<b>Spin Fit</b> (45 mins)
	6.30am	<b>Pilates</b> (45 mins)
	9.15am	<b>Pilates</b> (45 mins)
	10.30am	<b>Fit 4 Life</b> (55 mins)
	4.15pm	<b>LesMills BodyPump™</b> (45 mins)
	5.15pm	<b>Yoga</b> (45 mins)
	6.00pm	<b>Spin Fit</b> (45 mins)
<b>TUESDAY</b>	6.10am	<b>FRIENDS 45</b> (45 mins)
	9.15am	<b>Spin Fit</b> (45 mins)
	10.30am	<b>MIND+</b> (45 mins)
	5.15pm	<b>MIND</b> (30 mins)
	6.00pm	<b>FRIENDS 45</b> (45 mins)
	6.30pm	<b>Aqua</b> (45 mins)
<b>WEDNESDAY</b>	6.10am	<b>FRIENDS 45</b> (45 mins)
	9.15am	<b>FRIENDS 45</b> (45 mins)
	10.30am	<b>Fit 4 Life</b> (55 mins)
	5.15pm	<b>Yoga</b> (45 mins)
	6.00pm	<b>Spin Fit</b> (45 mins)
	6.15pm	<b>LIFT</b> (45 mins)
<b>THURSDAY</b>	6.10am	<b>Spin Fit</b> (45 mins)
	9.15am	<b>LIFT</b> (45 mins)
	10.30am	<b>MIND+</b> (45 mins)
	5.15pm	<b>Core</b> (30 mins)
	6.00pm	<b>LIFT</b> (45 mins)
	6.30pm	<b>Aqua</b> (45 mins)
<b>FRIDAY</b>	6.10am	<b>FRIENDS 45</b> (45 mins)
	9.15am	<b>Pilates</b> (45 mins)   <b>Spin Fit</b> (45 mins)
<b>SATURDAY</b>		<b>ANZAC Day – FHF Open 1pm-5pm</b>
	1.15pm	<b>MIND+</b> (45 mins)
<b>SUNDAY</b>	9.15am	<b>LIFT</b> (45 mins)
	3.30pm	<b>Gentle Yoga</b> (75 mins)