

Jubilee2 Group Exercise Class Timetable April 2025

Saturday

Time	Class	Location	Instructor
07.00-07.30	CIRCUITS Omnia 8 (TEAMBEATS)	Gym	Mark
08.00-08.45	Strength & Tone	Studio 2	Georgia
09.00-09.45	Spin45 (TEAMBEATS)	Studio 1	Mark
09.00-10.00	Pro Ballet	Studio 2	Kei
10.15-11.00	Dance Stretch	Studio 2	Kei
11.15-12.00	Dance Express	Studio 2	Kei
11.15-12.00	Spin45	Studio 1	Mark
12.15-12.45	CIRCUITS Omnia 8 (TEAMBEATS)	Gym	Georgia
12.30-13.30	Cardio Dance	Studio 2	Kei
17.15-17.45	CIRCUITS Omnia 8 (TEAMBEATS)	Gym	Gary

Sunday

Time	Class	Location	Instructor
08.15-08.45	CIRCUITS Omnia 8 (TEAMBEATS)	Gym	Rob
09.00-09.45	Spin45 (TEAMBEATS)	Studio 1	Chris/Gym Team
10.00-10.45	Step & Strength	Studio 2	Gary
12.00-12.30	CIRCUITS Omnia 8 (TEAMBEATS)	Gym	Rob
17.00-17.30	CIRCUITS Omnia 8 (TEAMBEATS)	Gym	Gym Team

Monday

Time	Class	Location	Instructor
07.00-07.30	CIRCUITS Omnia 8 (TEAMBEATS)	Gym	Mark
07.45-08.45	Aqua Fit	Small Pool	Nicky
09.30-10.15	Spin45 (TEAMBEATS)	Studio 1	Mark
10.30-11.15	Legs, Bums & Tums	Studio 2	Mark
12.30-13.00	CIRCUITS Omnia 8 (TEAMBEATS)	Gym	Mark/Jordan
14.00-14.45	Move it or Lose it	Studio 2	Chris
16.00-16.30	Junior Dance ages 1-4	Activity Room	Kei
16.30-17.15	Junior Dance ages 5-8	Activity Room	Kei
17.15-18.00	Junior Dance ages 9-12	Activity Room	Kei
17.30-18.15	Spin45 (TEAMBEATS)	Studio 1	Chris
18.00-18.30	CIRCUITS Omnia 8 (TEAMBEATS)	Gym	Gary
18.30-19.15	Barbell Burn	Studio 2	Georgia
18.45-19.15	Dance Conditioning	Studio 1	Kei
19.15-20.00	Contemporary Moves	Studio 1	Kei
19.30-20.15	Core & Stretch	Studio 2	Georgia
20.00-20.45	Cardio Dance	Studio 1	Kei

Tuesday

Time	Class	Location	Instructor
07.30-08.00	HIIT Omnia 8 (TEAMBEATS)	Gym	Mark
09.30-10.15	Spin45 (TEAMBEATS)	Studio 1	Mark
10.30-11.15	Strength & Tone	Studio 2	Mark
12.45-13.15	ENERGIZE30 Omnia 8 (TEAMBEATS)	Gym	Mark
15.00-15.45	Aqua Blast	Small Pool	Nicky
17.30-18.15	Legs, Bums & Tums	Studio 2	Jordan
18.30-19.15	Spin45 (TEAMBEATS)	Studio 1	Jordan
18.45-19.15	Aqua Fit	Small Pool	Nicky
19.00-19.30	CIRCUITS Omnia 8 (TEAMBEATS)	Gym	Georgia

Wednesday

Time	Class	Location	Instructor
07.00-07.45	BOXFIT Omnia 8 (TEAMBEATS)	Gym	Mark
09.30-10.15	Spin45 (TEAMBEATS)	Studio 1	Mark
10.30-11.15	Boxercize (TEAMBEATS)	Studio 2	Mark
11:30-12:15	Move it or Lose it	Studio 2	Nicky
13.45-14.15	CIRCUITS Omnia 8 (TEAMBEATS)	Gym	Gym Team
15.00-15.45	Aqua Blast	Small Pool	Nicky
17.30-18.00	CIRCUITS (TEAMBEATS)	Studio 2	Georgia
18.30-19.15	Step & Strength	Studio 2	Gary
18.45-19.45	Aquafit	Small Pool	Nicky
19.30-20.00	CIRCUITS Omnia 8 (TEAMBEATS)	Gym	Gym Team
19.45-20.30	Core & Stretch	Studio 2	Georgia

Thursday

Time	Class	Location	Instructor
07.30-08.00	KETTLEBELL Omnia 8 (TEAMBEATS)	Gym	Mark
09.30-10.15	Spin45 (TEAMBEATS)	Studio 1	Mark
10.30-11.15	Strength & Tone	Studio 2	Mark
12.00-12.30	CIRCUITS Omnia 8 (TEAMBEATS)	Gym	Gym Team
17.30-18.15	Spin45 (TEAMBEATS)	Studio 1	Jordan
18.20-19.05	Strength & Tone	Studio 2	Jordan
18.30-19.00	CIRCUITS Omnia 8 (TEAMBEATS)	Gym	Rob
19.15-20.15	Yoga (Stretch)	Studio 2	Chris

Friday

Time	Class	Location	Instructor
07.30-08.00	HIIT Omnia 8 (TEAMBEATS)	Gym	Georgia
09.30-10.15	Spin45 (TEAMBEATS)	Studio 1	Jordan
10.30-11.15	Legs, Bums & Tums	Studio 2	Georgia
11.45-12.45	Aqua Fit	Small Pool	Ruth
11.30-12.15	Core & Stretch	Studio 2	Georgia
12.45-13.15	CIRCUITS Omnia 8 (TEAMBEATS)	Gym	Jordan
13:00-13:45	Move it or Lose it	Studio 2	Chris
17.45-18.30	Spin45 (TEAMBEATS)	Studio 1	Chris
18.45-19.30	CIRCUITS Omnia 8 (TEAMBEATS)	Gym	Rob
20.00-21.00	Aquafit	Small Pool	Nicky

	Aquatic classes
	Cardio
	Daniel Jones Dance
Omnia 8 - Gym	Circuits, Abs Blast, Hiit, Boxfit, Kettlebells
	Mind & Body
	Strength & Toning
	Move it or Lose It

