

2025 ACTIVITIES TIME TABLE

Fitness

Squash

Football

MORNING

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			SUNDAY
7:00am	OPEN GYM 7:00 am	OPEN GYM 7:00 am	OPEN GYM 7:00 am	OPEN GYM 7:00 am	OPEN GYM 7:00 am	OPEN GYM 7:00 am	OPEN GYM 7:00 am	OPEN GYM 7:00 am	OPEN GYM 7:00 am
7:30am	HIIT/ HYROX 7:30am to 8:30am		HYROX (ALL LEVELS) 7:30am to 8:30am		TIME TO LIFT/ HYROX 7:30am to 8:30am				
8:30am	ADULTS SQUASH COURSE 8:30am to 9:15am	MUAY THAI 8:30am to 9:30am	ADULTS SQUASH COURSE 8:30am to 9:15am	CARDIO/ HYROX 8:30am to 9:30am	MUAY THAI 8:30am to 9:30am			FOOTBALL 3 to 7 9:00 to 9:45am	
9:30am	STEP 9:30am to 10:30am	SPINNIG 9:30am to 10:30am	BODY SCULPT 9:30am to 10:30am	PILATES 9:30am to 10:30am		CIRCUIT 9:30am to 10:30am	ADULTS SQUASH COURSE 9:00am to 9:45am	FOOTBALL 8 to 11 9:00 to 10:15am	HYROX 9:30am to 10:30am
10:00am							KIDS SQUASH 3 to 7 10:00am to 10:45am		
10:30am						FUNDAMENTALS OF SPORTS 3 to 7 11:00am to 11:45am	KIDS SQUASH 8 to 11 10:45am to 11:30am	FOOTBALL 12 to 13 10:30am to 11:45am FOOTBALL 14 to 15 10:30am to 12:00pm GIRLS 13 to 17 10:30am to 12:00pm	
11:30am						FUNDAMENTALS OF SPORTS 8 to 11 11:45am to 12:30pm	KIDS SQUASH 12 to 15 11:45am to 12:30pm		

AFTERNOON

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			SUNDAY
12:30pm						FUNDAMENTALS OF SPORTS 12 to 15 12:30pm to 1:15pm			
1:30pm						GYMNASTIC & ACROBATICS 4 to 6 12:30pm to 1:20pm 7 to 12 1:30pm to 2:20pm	OPEN JUNIOR/ ADULTS SQUASH SOCIAL 2:00pm to 4:00pm		
4:00pm	MUAY THAI 4:00pm to 5:00pm FOOTBALL 3 to 7 4:00pm to 4:45pm	TRX 4:00pm to 5:00pm KIDS SQUASH 8 to 11 4:00pm to 4:45pm FOOTBALL 3 to 7 4:00pm to 4:45pm	CIRCUIT 4:00pm to 5:00pm ADULTS SQUASH COURSE 4:45pm to 5:30pm	STEP 4:00pm to 5:00pm KIDS SQUASH 8 to 11 4:00pm to 4:45pm FOOTBALL 3 to 7 4:00pm to 4:45pm	HIIT/ HYROX 4:00pm to 5:00pm				
5:00pm	TABATA 5:00pm to 6:00pm FOOTBALL 8 to 11 5:00pm to 6:15pm	KIDS SQUASH 3 to 7 5:00pm to 5:45pm PILATES 5:00pm to 6:00pm FOOTBALL 8 to 11 5:00pm to 6:15pm FOOTBALL 12 to 13 5:20pm to 6:35pm FOOTBALL 14 to 15 5:20pm to 6:50pm FOOTBALL 14 to 15 5:20pm to 6:50pm KIDS SQUASH 12 to 15 5:45pm to 6:30pm	YOGA FLOW 5:00pm to 6:00pm FOOTBALL 12 to 13 5:20pm to 6:35pm GIRLS 13 to 17 5:20pm to 6:50pm ADULTS SQUASH SOCIAL 5:30pm to 7:00pm ADULTS FOOTBALL 5:30pm to 7:00pm	KIDS SQUASH 3 to 7 5:00pm to 5:45pm HYROX (ALL LEVELS) 5:00pm to 6:00pm FOOTBALL 8 to 11 5:00pm to 6:15pm FOOTBALL 12 to 13 5:20pm to 6:35pm FOOTBALL 14 to 15 5:20pm to 6:50pm KIDS SQUASH 12 to 15 5:45pm to 6:30pm	IYENGAR YOGA 5:00pm to 6:00pm				
9:00pm	CLOSED GYM 9:00pm	CLOSED GYM 9:00pm	CLOSED GYM 9:00pm	CLOSED GYM 9:00pm	CLOSED GYM 9:00pm	CLOSED GYM 9:00pm	CLOSED GYM 9:00pm	CLOSED GYM 9:00pm	CLOSED GYM 9:00pm

* Location of class can vary. Please ask at reception.

* Subject to change. Please check our website for most up to date information.



MARALEINA

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