

Fearnville Leisure Centre

Day & Time	Activity
Mon 9.30am - 11.00am	Kick Fit**
Mon 10.00am - 11.00am	Rehabenings**
Mon 4.30pm - 5.30pm	Junior Gym 12-16yrs**
Mon 5.15pm - 6.00pm	Spin Fit**
Mon 6.00pm - 7.00pm	Gym Circuit***
Mon 6.10pm - 6.55pm	Hula Tone**
Mon 7.00pm - 8.00pm	Aerobics**
Tue 9.30am - 10.15am	Spin Fit**
Tue 10.00am - 11.00am	Aerobics**
Tue 10.00am - 11.30am	Yoga (Hatha)**
Tue 10.00am - 1.00pm	Active Life*
Tue 10.15am - 11.15am	20/20/20**
Tue 5.45pm - 6.30pm	Spin Fit**
Tue 6.00pm - 7.00pm	Gym Circuit***
Tue 6.30pm - 7.30pm	Legs, Bums & Tums**
Tue 6.45pm - 7.30pm	Spin Fit**
Tue 7.30pm - 8.30pm	Circuit Training**
Wed 9.30am - 10.15am	Spin Fit**
Wed 10.00am - 1.00pm	Active Life*
Wed 10.00am - 11.00am	20/20/20**
Wed 5.45pm - 6.30pm	Spin Fit**
Wed 6.00pm - 7.00pm	Zumba**
Wed 6.45pm - 7.30pm	Spin Fit**
Wed 7.15pm - 8.15pm	Pilates**

Day & Time	Activity
Thu 9.30am - 10.15am	Spin & Tone**
Thu 10.00am - 11.00am	Aerobics**
Thu 5.45pm - 6.45pm	Step Aerobics**
Thu 6.00pm - 6.45pm	Spin Fit**
Thu 6.00pm - 7.00pm	Gym Circuit**
Thu 6.45pm - 7.45pm	Legs, Bums & Tums**
Thu 7.00pm - 7.45pm	Spin Fit**
Thu 7.00pm - 8.00pm	Aerobics**
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Fri 9.30am - 10.15am	Spin Fit**
Fri 10.00am - 11.00am	Line Dancing*
Fri 10.00am - 1.00pm	Active Life*
Fri 10.30am - 11.15am	Spin & Tone**
Fri 5.15pm - 6.00pm	Spin Fit**
Fri 6.10pm - 7.10pm	Pilates**
Fri 6.15pm - 7.00pm	Spin Fit**
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Sat 9.00am - 9.45am	Spin Fit**
Sat 10.00am - 11.00am	Step Aerobics**
Sat 11.00am - 12.00pm	Zumba Tone**
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Sun 9.30am - 11.00am	Step Aerobics**
Sun 10.00am - 10.45am	Spin Fit**
Sun 11.00am - 12.00pm	Power Hour**
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Updated 03.01.12	
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Additional Information

Booking is not required for our fitness classes, but turn up early to avoid disappointment.

A gym induction is required before using the gym for the first time, inductions need to be booked in advance.

Gym inductions are available on Wednesdays and Thursdays from 7pm and Saturdays from 9.30am.