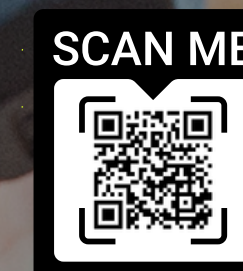




GROUP FITNESS TIMETABLE

CLICKIMIN LEISURE COMPLEX (SUMMER 2026)

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Monday	Class	Location	Available Dates	Instructor
0700 - 0745	FuncFit Circuits	Aspire	13/07, 27/07, 27/07, 03/08, 24/08, 31/08	Jae
1310 - 1350	ICG Classic Ride	Apex	29/06, 13/07, 20/07, 27/07, 03/08, 10/08, 17/08, 24/08, 31/08	Alan
1730 - 1815	HIITSTEP	Multi Use	29/06, 13/07, 20/07, 27/07, 3/10, 10/08, 17/08, 24/08, 31/08	Lynne
1730 - 1815	Fatburn Extreme	Multi Use	13/07, 20/07, 27/07, 03/08, 10/08, 17/08, 24/08	Lynne
1730 - 1815	GameFit	Multi Use	27/07, 17/08	Lynne
1815 - 1900	HIITSTRENGTH	Multi Use	29/06, 13/07, 20/07, 27/07, 3/10, 10/08, 17/08, 24/08, 31/08	Lynne
1830 - 2000	Barbarian Forge	Aspire	29/06, 13/07, 20/07, 27/07, 03/08, 17/08, 31/08	Mike

Tuesday	Class	Location	Available Dates	Instructor
0700 - 0745	ICG Classic Ride	Apex	30/06, 14/07, 21/07, 28/07, 04/08, 11/08, 18/08, 25/08	Robert
1310 - 1350	FuncFit Circuits	Aspire	30/06, 14/07, 21/07, 28/07, 04/08, 18/08, 25/08	Jae
1730 - 1815	Pound	Multi Use	30/06, 14/07, 21/07, 28/07, 04/08, 11/08, 18/08, 25/08	Stacie/Louise
1830 - 1930	Boots, Beats & Buddies	Multi Use	14/07, 21/07, 28/07, 04/08, 11/08, 18/08, 25/08	Stacie/Louise
1830 - 1930	FuncFit Circuits	Aspire	30/06, 14/07, 21/07, 28/07, 04/08, 11/08, 18/08, 25/08	Scott/Rozanne

Wednesday	Class	Location	Available Dates	Instructor
0700 - 0745	FuncFit Circuits	Aspire	01/07, 15/07, 22/07, 29/07, 05/08, 19/08, 26/08	Jae
1310 - 1350	ICG Virtual	Apex	01/07, 15/07, 22/07, 29/07, 05/08, 12/08, 19/08, 26/08	Various
1730 - 1815	HIITCARDIO	Multi Use	01/07, 15/07, 22/07, 29/07, 05/08, 12/08, 19/08, 26/08	Lynne
1815 - 1900	HIITSTRENGTH	Multi Use	01/07, 15/07, 22/07, 29/07, 05/08, 12/08, 19/08, 26/08	Lynne



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Thursday	Class	Location	Available Dates	Instructor
0700 - 0745	ICG Coach by Colour	Apex	02/07, 16/07, 23/07, 30/07, 06/08, 13/08, 20/08, 27/08	Various
1730 - 1815	ICG Classic Ride	Apex	02/07, 16/07, 23/07, 30/07, 06/08, 13/08, 20/08, 27/08	Rozanne
1730 - 1815	Broadway Boogie	Multi Use	02/07, 16/07, 23/07, 30/07, 06/08, 20/08, 27/08	Stacie/Louise
1830 - 2000	Barbarian Forge	Aspire	02/07, 16/07, 23/07, 30/07, 06/08, 13/08, 20/08	Mike
1830 - 1900	Beginners Burn	Multi Use	02/07, 16/07, 23/07, 30/07, 06/08, 20/08, 27/08	Rozanne

Friday	Class	Location	Available Dates	Instructor
0700 - 0745	HIITCIRCUIT	Multi Use	03/07, 17/07, 24/07, 31/07, 07/08, 21/08, 28/08	Lynne
1310 - 1350	Core Strength	Multi Use	03/07, 17/07, 24/07, 31/07, 07/08, 21/08, 28/08	Lynne
1630 - 1720	Sculpt & Tone	Multi Use	03/07, 17/07, 24/07, 31/07, 07/08, 21/08, 28/08	Lynne
1730 - 1815	Shredmax	Multi Use	03/07, 17/07, 24/07, 31/07, 07/08, 21/08, 28/08	Lynne
1730 - 1815	ICG Classic Ride	Apex	03/07, 17/07, 24/07, 31/07, 07/08, 21/08, 28/08	Various
1830 - 1930	Boots, Beats & Buddies	Multi Use	03/07, 17/07, 24/07, 31/07, 07/08, 21/08, 28/08	Stacie/Louise

Saturday	Class	Location	Available Dates	Instructor
0915 - 1000	ICG (type of class may vary)	Apex	18/07, 25/07, 01/08, 08/08, 15/08, 22/08, 29/08	Various
0915 - 1015	FuncFit Circuits	Aspire	25/07, 01/08, 22/08, 29/08	Jae/Mike
1030 - 1130	FuncFit Circuits	Aspire	25/07, 01/08, 22/08, 29/08	Jae/Mike

Sunday	Class	Location	Available Dates	Instructor
1030 - 1115	ICG Classic Ride	Apex	19/07, 26/07, 02/08, 09/08, 16/08, 23/08, 30/08	Rozanne
1300 - 1350	Sculpt & Tone	Multi Use	26/07, 09/08, 23/08	Lynne

CUSTOMER INFO

This timetable may be subject to change from time-to-time due to staff holidays or unforeseen circumstances. Amendments will be displayed on our website at: www.srt.org.uk/centres/activities/group-fitness-classes

CLASS WAITING LISTS

Ask to be added to our waiting list and we'll notify you if a space becomes available.



Class Descriptions
& Exception Dates:



Note: All classes are non-refundable.

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