



ARC Fitness Gym Class Timetable 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Opening Times 6am-9pm	Opening Times 6am-9pm	Opening Times 6am-9pm	Opening Times 6am-9pm	Opening Times 6am-9pm	Opening Times 8am-5pm	Opening Times 10am-4pm
7am Functional Fitness		7am Functional Fitness		7am Functional Fitness	8am Olympic Weightlifting	
9:30am HIIT	9:30am Functional Fitness	9:30am HIIT	9:30am Functional Fitness	9:30am HIIT	9am Cardio Tennis (on Tennis Courts)	10am Functional Fitness
10:45am Women's 50+ Strength			10:30am Inclusive Fitness Disability Session	10:30am Pilates	10am Super Saturday Fitness Class	
12pm Pilates			11:30am Women's 50+ Strength		11am Teens (12-16 y/o)	
6:30pm Functional Fitness	7pm HIIT	7pm Functional Fitness	6:30pm HIIT			