

Castlegate Fitness Class Timetable 27/8/2026



Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
MIX 9:30-10:25am Main Studio	Les Mills Body Balance 9:40-10:35am Main Studio	Pilates 9:15-10:10am Main Studio	NERS STARTER Class 10:00-10:55am Fit4Life Studio	NERS STARTER Class 9:30-10:25am Fit4Life Studio	Les Mills Body Balance 9:00-9:55am Main Studio
Aerobics 10:45-11:30am Main Studio	NERS STARTER Class 9:30-10:25am Fit4Life Studio	Fit4Life Gym 9:30-10:25am Fit4Life Studio	Fit4Life 11:15-12:10pm Fit4Life Studio	MIX 9:30-10:25am Main Studio	Tai Chi 10:00-10:55am Main Studio
Fit4Life 12:00-12:55pm Fit4Life Studio	Fit4Life 10:50-11:45am Fit4Life Studio	NERS STARTER Class 10:30-11:25am Fit4Life Studio	NERS STARTER Class 1:30-2:25pm Fit4Life Studio	Pilates 10:40-11:35am Main Studio	
Fit4Life 1:00-1:55pm Fit4Life Studio	Tai Chi 12:00-12:55pm Main Studio	Fit4Life 1:00-1:55pm Fit4Life Studio	Kettlebells 6:30-7:15pm Fit4Life Studio	Fit4Life 10:45-11:40am Fit4Life Studio	
6:15-7:10pm Legs, Bums & Tums Main Studio	Fit4Life 1:00-1:55pm Fit4Life Studio	MIX 6:00-6:55p Main Studio	Yoga 7:15-8:10pm Main Studio	HIIT 6:00-6:55pm Main Studio	
Pilates 7:15-8:10pm Main Studio	Yoga 6:00-6:55pm Main Studio	Pilates 7:00-7:55pm Main Studio			
	Les Mills Body Balance 7:30-8:25pm Main Studio				

