Brusna Leisure Falls

Elevate your everyday

Autumn 2026 Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00						Children's Lessons ● **Level 1124** **Class time: 2 hrs**	Little Swimmerz **Class time: 2.5 hrs**
09:30	Functional HIIT	Move with the Trainer	Step Aerobics	Beginner Mat Based Pilates ● ●	Stretch N Flex		
10:00		Little Swimmerz **Class time: 2 hrs**					
10:30	Aqua Aerobics		Aqua Aerobics	Stretch & Flexibility	Aqua Aerobics		
15:30		Children's Lessons ● **Level 12345** **Class time: 2.5 hrs**		Children's Lessons ● **Level 12345** **Class time: 2.5 hrs**			
18:15	AB Attack	Circuits N Core 50/50	BTT (Bum, Tums N Thighs)	BTT (Bum, Tums N Thighs)	Group Personal Training **(1 hr)** ● ●		
19:00	Aqua Aerobics		Aqua Aerobics	Stretch N Recover			

30 Mins 45 Mins

1 Hour + Length of class on timetable

● **Premium Class.** Not included in membership. Please enquire about pricing.

● 6 Week Course. Start date **08/10/26**. Non-attendance at a booked class is taken from the weekly allocation.

HIGH ENERGY /CARDIO

Functional HIIT

A high-intensity workout combining functional movements with interval training to improve strength, fitness, endurance, coordination, & overall body performance. Expect dynamic, full-body exercises suitable for all fitness levels.

Step Aerobics

An upbeat cardio workout using a step platform & simple choreographed movements to improve cardiovascular fitness, coordination, endurance, & lower-body strength.
A fun, energetic class suitable for all fitness levels.

Aqua Aerobics

A low-impact, full-body workout performed in the water, combining cardio & resistance exercises to improve fitness, strength, mobility, & endurance while being gentle on the joints.

Move with the Trainer

A fun, energetic full-body workout led by a trainer, combining cardio, strength, mobility, & functional movements. Perfect for improving fitness, confidence, & overall movement in a supportive group setting.

CORE TRAINING

Ab Attack

A focused workout targeting the abdominal muscles to build core strength, stability, & muscle definition.

STRENGTH /TONING

BTT – Bums, Tums & Thighs

A targeted workout designed to tone & strengthen the glutes, abdominals, & thighs. Combining bodyweight & resistance exercises, this fun class helps improve strength, stability, & overall lower-body fitness.

Group Personal Training

A premium session combining the motivation & energy of a group workout with the guidance & expertise of a personal trainer. Enjoy structured, challenging sessions designed to improve strength, fitness, confidence, & overall wellbeing.

PILATES /MOBILITY

Mat-Based Pilates

A premium, low-impact workout focused on core strength, posture, flexibility, balance, & controlled movement. Using a range of mat exercises, it helps build a strong, stable body while improving mobility & body awareness.

RECOVERY /STRETCH

Stretch & Recover

A gentle class focused on improving flexibility, mobility, & relaxation. Through controlled stretches & recovery-based movements, it helps release muscle tension, improve range of motion, & leave you feeling refreshed & restored.