

Starts 11th April 2016

Monday			
Time	Class	Movement	Studio
06.30-07.00	BLAST CLASS	HITT	Gym
06.30-07.30	Virtual BODYPUMP	Fitness	1
09.30-10.15	BODYATTACK (Express)	Fitness	1
09.30-10.15	BODYVIVE 3.1	Fitness	2
10.30-11.00	GRIT-STRENGTH	HITT	1
10.30-11.30	BODYBALANCE	Holistic	2
11.30-12.30	Aqua	Fitness	Pool
12.30-13.30	Virtual BODYPUMP	Fitness	1
12.30-13.30	PILATES	Holistic	2
17.00-18.00	BODYCOMBAT	Combat	1
18.00-18.30	GRIT-STRENGTH	HITT	1
18.30-19.00	BODYATTACK (30min format)	Fitness	1
18.00-19.00	BODYBALANCE	Holistic	2
19.00-20.00	BODYPUMP	Fitness	1
19.00-19.45	SH'BAM	Dance	2
20.15-20.45	CXWORX	Core	1
20.50-21.50	Virtual BODYBALANCE	Holistic	1

Thursday			
Time	Class	Movement	Studio
06.30-07.00	GRIT -STRENGTH	HITT	1
07.00-07.30	Virtual CXWORX	Core	1
09.30-10.30	YOGA	Holistic	2
09.30-10.30	BODYCOMBAT	Combat	1
11.00-12.00	Mature Movers	Fitness	2
10.30-11.30	BODYBALANCE	Holistic	1
12.30 - 13.30	PILATES	Holistic	2
12.30-13.00	Virtual BODYPUMP Express	Fitness	1
13.05-13.35	Virtual CXWORX	Core	1
18.00-19.00	BODYPUMP	Fitness	1
18.00-18.45	BODYVIVE 3.1	Fitness	2
19.05-19.35	CXWORX	Core	1
19.00-20.00	YOGA	Holistic	2
20.05 - 20.50	SH'BAM	Dance	1

Tuesday			
Time	Class	Movement	Studio
06.30 - 07.00	BLAST CLASS	HITT	Gym
06.30-07.30	Virtual BODYCOMBAT	Combat	1
09.30-10.30	BODYPUMP	Fitness	1
09.30-10.30	PILATES	Holistic	2
10.30-11.30	YOGA	Holistic	2
11.00-12.00	Mature Movers	Fitness	1
12.30-13.00	Virtual BODYPUMP Express	Fitness	1
12.30 - 13.30	PILATES	Holistic	2
13.05-13.35	Virtual BODYCOMBAT Express	Fitness	1
17.00-18.00	BODYPUMP	Fitness	1
18.00-19.00	BODYCOMBAT	Combat	1
18.00-19.00	BODYBALANCE	Holistic	2
19.00-20.00	BODYSTEP	Fitness	1
19.00-19.55	BOXING CIRCUIT	Combat	2
20.00-20.30	GRIT-PLYO	HITT	1
20.30-21.30	Virtual BODYBALANCE	Holistic	1

Friday			
Time	Class	Movement	Studio
06.30 - 07.00	BLAST CLASS	HITT	Gym
06.30-07.30	Virtual BODYCOMBAT	Fitness	1
09.30-10.30	BODYPUMP	Fitness	1
10.30 - 11.00	BODYATTACK (30min Format)	Fitness	1
10.30-11.30	TAI CHI	Holistic	2
10.30-11.30	Aqua	Fitness	Pool
12.30-13.30	Virtual BODYBALANCE	Holistic	1
17.00-17.30	Virtual CXWORX	Core	1
17.30-18.00	GRIT - STRENGTH	HITT	1
18.00-18.30	GRIT - CARDIO	HITT	1
18.00-19.00	YOGA	Holistic	2
18.35-19.35	BODYSTEP	Fitness	1
20.00-21.00	Virtual BODYPUMP	Fitness	1

Please inform the instructor of any medical conditions you have.
Please do not enter the class once it has commenced.
Please ensure you arrive 5 minutes before your class start time. If you arrive after this time, your place may be given to a member on the class waiting list and you may be declined entry if the class is full.

Wednesday			
Time	Class	Movement	Studio
06.30 - 07.00	BLAST CLASS	Fitness	Gym
06.30-07.30	Virtual BODYPUMP	Fitness	1
09.30-10.15	BODYATTACK	Fitness	1
10.30-11.00	CXWORX	Core	1
10.30-11.30	BODYBALANCE	Holistic	2
12.30-13.30	Virtual BODYPUMP	Fitness	1
12.30-13.30	YOGA	Holistic	2
17.30-18.15	AQUA	Fitness	Pool
18.00-18.45	SH'BAM	Dance	2
18.00-19.00	BODYPUMP	Fitness	1
19.00-19.45	BODYCOMBAT	Combat	1
19.00-20.00	PILATES	Holistic	2
20.00 - 21.00	Virtual BODYBALANCE	Holistic	1

Saturday			
Time	Class	Movement	Studio
07.15-08.15	Virtual BODYPUMP	Fitness	1
09.00-10.00	BODYPUMP	Fitness	1
09.00-10.00	PILATES	Holistic	2
10.00-11.00	BODYBALANCE	Holistic	2
10.00-11.00	BODYATTACK	Fitness	1
11.00-12.00	YOGA	Holistic	2
11.30-CLOSE	LES MILLS Virtual ON DEMAND	Fitness	1

Sunday			
Time	Class	Movement	Studio
07.15-08.15	Virtual BODYCOMBAT	Combat	1
09.00-10.00	PILATES	Holistic	2
09.45-10.30	BODYCOMBAT	Fitness	1
10.35-11.35	BODYPUMP	Fitness	1
12.30-CLOSE	LES MILLS Virtual ON DEMAND	Fitness	1