

# GROUP EXERCISE TIMETABLE

## MONDAY

Time	Class	Studio	Min	Instructor
7.30am	ABS BLAST	MAIN	30	In-House
8.30am	PILATES FITNESS	MAIN	60	Candy
8.45am	V - BLAST KETTLERCISE	SMALL	45	In-House
9.30am	BODY COMBAT	MAIN	60	Katie
10.30am	GRIT - STRENGTH	SMALL	30	Vinni
10.30am	BODY CONDITIONING	MAIN	60	Candy
10.30am	AQUA	POOL	45	Gideon
11.15am	AQUA	POOL	45	Gideon
11.30am	BODY BALANCE	SMALL	60	Danny
5.00pm	TEEN GYM	GYM	45	Yippeeyoo
6.00pm	BODY COMBAT	MAIN	60	Katie
7.00pm	GRIT / HIIT	SMALL	30	In-House
7.00pm	ZUMBA	MAIN	60	Gul
7.30pm	V - BLAST KETTLERCISE	SMALL	30	In-House
8.00pm	YOGA FITNESS	MAIN	60	Rebecca

## TUESDAY

Time	Class	Studio	Min	Instructor
5.45am	RUNNING CLUB	OUTSIDE		Paul/Larissa
6.30am	BODY PUMP	MAIN	60	Vinni
8.30am	BODY COMBAT	MAIN	60	Ashley
9.30am	BODY BALANCE	MAIN	60	Denice
10.30am	CX WORX	SMALL	30	Denice
10.30am	ZUMBA	MAIN	60	Gul
12.00pm	AQUA	POOL	45	Rebecca
6.30pm	BODY PUMP	MAIN	60	Leanne
6.45pm	AQUA	POOL	45	Natalie
7.30pm	COMBAT	MAIN	45	In-House
7.30pm	BODY BALANCE	SMALL	45	Moira
8.15pm	PILATES	SMALL	60	Moira
8.15pm	BODY PUMP	MAIN	45	In-House

## WEDNESDAY

Time	Class	Studio	Min	Instructor
6.30am	CIRCUITS	MAIN	45	In-House
7.30am	ABS BLAST	MAIN	30	In-House
8.30am	PILATES	MAIN	60	Faye
8.45am	V- BLAST KETTLERCISE	SMALL	45	In-House
9.30am	BODY PUMP	SMALL	45	In-House
9.30am	PILATES	MAIN	60	Faye
10.00am	AQUA	POOL	45	Natalie
10.30am	BODY COMBAT	MAIN	60	Leanne
11.00pm	AQUA	POOL	45	Simone
11.30am	BODY JAM	MAIN	60	Katie
5.00pm	TEEN GYM	GYM	45	Yippeeyoo
6.30pm	BODY PUMP	MAIN	60	Katie
7.30pm	CX WORX	SMALL	30	Katie
7.30pm	ZUMBA	MAIN	60	Stephanie
8.00pm	YOGA	SMALL	60	Suzanne

## THURSDAY

Time	Class	Studio	Min	Instructor
5.45am	RUNNING CLUB	OUTSIDE		Paul/Larissa
6.30am	BODY COMBAT	MAIN	60	Leanne
8.45am	BODY PUMP	MAIN	45	Ashley
8.45am	PILATES	SMALL	45	Moira
9.30am	BODY BALANCE	SMALL	60	Moira
9.45am	BODY ATTACK	MAIN	45	Lianna
10.00am	AQUA	POOL	45	Simone
10.30am	LEGS, BUMS AND TUMS	MAIN	60	Lianna
11.30am	ZUMBA	MAIN	60	Gul
5.00pm	TEEN GYM	GYM	45	Yippeeyoo
6.15pm	BODY PUMP	MAIN	60	Vinny
7.15pm	LEGS, BUMS AND TUMS	MAIN	45	In-House
7.30pm	CX WORX	SMALL	30	Katie

## FRIDAY

Time	Class	Studio	Min	Instructor
8.45am	V -BLAST KETTLERCISE	SMALL	45	In-House
8.45am	PILATES	MAIN	45	Moira
9.30am	PILATES	SMALL	45	Moira
9.30am	BODY PUMP	MAIN	60	Katie
10.30am	BODY COMBAT	MAIN	60	Katie
11.00am	AQUA	POOL	45	Rebecca
11.45am	AQUA	POOL	45	Rebecca
5.30pm	METAFIT	MAIN	30	In-House

## SATURDAY

Time	Class	Studio	Min	Instructor
8.00am	PILATES	MAIN	60	Davina
9.00am	BODY CONDITIONING	MAIN	60	Ruth
10.00am	BODY COMBAT	MAIN	60	Ashley
11.00am	BODY PUMP	MAIN	60	Vinny
12.00pm	GRIT	MAIN	30	Vinny

## SUNDAY

Time	Class	Studio	Min	Instructor
9.00am	BODY PUMP	MAIN	60	Katie
10.15am	BODY COMBAT	MAIN	60	Leanne
10.30am	BOXERCISE	SMALL	60	Ruth/Ola
11.30am	METAFIT	MAIN	30	Vinny
12.00pm	YOGA	MAIN	60	Suzanne