

WINTER GROUP FITNESS TIMETABLE

STUDIO 1

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	CORE			CARDIO BLAST			
6.40am	BARRE ATTACK			GROUP POWER			
8:00am							
8.30am							
9:00am							
9.30am	HATHA YOGA		DISCO		ZUMBA		
10.10am	HATHA YOGA		JAZZ		ZUMBA		10:00am VINYASA YOGA
10.30am		PILATES		CARDIO & CONDITIONING			10:40am HATHA YOGA
11.10am		PILATES		ABSOGLUTELY			
10.30am							
5.00pm	PULSES		PULSES				
5.40pm	PULSES		PULSES				
6.00pm				VINYASA YOGA			
6.40pm				HATHA YOGA			

- Please bring a towel to every class - No Towel, No Training
- Classes are limited to 20 people
- First in, first served policy
- Members are not allowed to attend back-to-back classes
- All classes are restricted to 30 minutes

STUDIO 2

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.30am			CYCLE		CYCLE		
7.10am			CYCLE		CYCLE		
8.00am						8:45am CYCLE	
9.30am						9:30am CYCLE	
10.10am							
10.30am			BALLET Beginner				
11.10pm			BALLET Advanced				
4.00pm							
5.00pm							
5.30pm							
6.30pm							

All cycle classes are 30min

OUTDOOR (CAR PARK, WARRIOR AREA)

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am		BOOTCAMP					
6.40am		BOOTCAMP					
8.30am							
6.30pm							

AQUA (INDOOR POOL)

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
7.00am							
8.00am							
9.30am	AQUA				AQUA	AQUA	
10.10am	AQUA				AQUA	AQUA	
5.00pm							
5.30pm			AQUA				
6.10pm			AQUA				
7.00pm							

Please bring a towel and water bottle to all classes. Please keep bags in lockers provided.