

# SPRING GROUP FITNESS TIMETABLE

## STUDIO 1

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	<b>LES MILLS CXWORX</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYATTACK EXPRESS</b>	<b>LES MILLS BODYSTEP CLASSIC</b>	<b>LES MILLS BODYPUMP</b>		
6.30am	<b>LES MILLS BODYATTACK</b>		<b>LES MILLS CXWORX</b>				
7.15am							
8.00am	PILATES	HATHA YOGA <sup>75</sup>		HATHA YOGA <sup>75</sup>		HATHA YOGA	
8.15am							
8.30am			PILATES		PILATES		<b>LES MILLS CXWORX</b>
9.00am	9.15am HATHA YOGA					<b>LES MILLS BODYSTEP</b>	
9.30am		GROUP ACTIVE	<b>LES MILLS BODYPUMP</b>	ZUMBA	GROUP ACTIVE		
10.00am						<b>LES MILLS BODYPUMP</b>	
10.30am	ZUMBA	PILATES	GROUP groove	PILATES MAT/PROPS	ZUMBA		
12.30pm		MODERN DANCE	BROADWAY JAZZ				
3.00pm						GROUP groove	VINYASA YOGA
4.00pm		HATHA YOGA <sup>75</sup>		HATHA YOGA <sup>75</sup>			STRENGTH & STRETCH
5.00pm	PULSES		PULSES				
5.30pm		<b>LES MILLS BODYPUMP</b>			DYNAMIC STRETCH		
5.45pm				GROUP ACTIVE			
6.00pm	GROUP ACTIVE						
6.30pm		ZUMBA		<b>LES MILLS BODYPUMP</b>			
7.00pm	PILATES		VINYASA YOGA				

Classes are 60 minutes excluding Body Attack Express (30 minutes) and CXWORX (30 minutes) |  45 minute classes

# STUDIO 2

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.30am	CYCLE	DYNAMIC STRETCH		BARRE FUSION	CARDIO BOXING 6am		
7.00am			CYCLE		CYCLE		
8.00am							
9.30am	BALLET BASICS	BARRE FUSION			BARRE FUSION	9.15am CYCLE	9.15am BARRE FUSION
10.30am			BALLET			11.00am HATHA YOGA	10.00am YIN YOGA
11.30am	VINYASA YOGA	TAP ADVANCED	TAP INTERMED	TAP BEGINNER	LES MILLS BODYBALANCE		
4.00pm			PILATES			DYNAMIC STRETCH	
5.00pm	LES MILLS BODYBALANCE						
5.30pm		BARRE FUSION	ZUMBA gold				
6.30pm	CYCLE	CYCLE	CYCLE				

All cycle classes are 45min

## OUTDOOR (CAR PARK, WARRIOR AREA)

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am		BOOTCAMP		BOOTCAMP			
8.30am						BOOTCAMP	
9.30am			CARDIO BOXING				
6.30pm	CARDIO BOXING	BOOTCAMP	BOOTCAMP EXPRESS				

## AQUA (INDOOR POOL)

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
7.00am		SALTI CIRCUIT		SALTI FLOW			
7.15am						SALTI FLOW	
7.45am		SALTI FLOW					
8.15am	AQUA			AQUA			
8.45am		AQUA					
9.30am	AQUA	AQUA	AQUA	AQUA	AQUA	AQUA	
10.30am		AQUA	AQUA		AQUA	AQUA	
5.30pm	AQUA		AQUA				