






AUTUMN GROUP FITNESS TIMETABLE

STUDIO 1

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	LES MILLS CXWORX	LES MILLS BODYPUMP	LES MILLS BODYATTACK EXPRESS	LES MILLS BODYSTEP CLASSIC	LES MILLS BODYPUMP		
6.30am	LES MILLS BODYATTACK		LES MILLS CXWORX				
7.15am							
8.00am	PILATES	HATHA YOGA ⁷⁵		HATHA YOGA ⁷⁵		HATHA YOGA	
8.15am							
8.30am			GROUP ACTIVE		PILATES		
9.00am	9.15am HATHA YOGA					LES MILLS BODYSTEP	
9.30am		GROUP ACTIVE	LES MILLS BODYPUMP	ZUMBA	GROUP ACTIVE		
10.00am						LES MILLS BODYPUMP	
10.30am	ZUMBA	PILATES	GROUP groove	PILATES MAT/PROPS	ZUMBA	11.00am HATHA YOGA	
12.30pm		MODERN DANCE	BROADWAY JAZZ			MEDITATION 12.15pm	
3.00pm						GROUP groove	VINYASA YOGA
4.00pm		HATHA YOGA ⁷⁵		HATHA YOGA ⁷⁵			STRENGTH & STRETCH
5.00pm	PULSES		PULSES		STRENGTH & STRETCH		
5.30pm		LES MILLS BODYPUMP					
5.45pm							
6.00pm	CORE & CARDIO BLAST						
6.30pm		ZUMBA		LES MILLS BODYPUMP			
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				6am BOXING 		
7.00am			CYCLE		CYCLE		
8.00am							CYCLE
9.30am	BALLET BASICS	BARRE FUSION			BARRE FUSION	9.15am CYCLE	9.15am BARRE FUSION
10.30am	11:00am  MUMS & BUBS		BALLET				10.00am YIN YOGA
11.30am	YOGA	TAP ADVANCED	TAP INTERMED	TAP BEGINNER 			
12.15pm	VINYASA YOGA 						
4.00pm			PILATES			DYNAMIC STRETCH	
5.00pm							
5.30pm							
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					
7.00am					BOOTCAMP		
8.30am						BOOTCAMP 	
6.30pm	CARDIO BOXING			BOOTCAMP 			

AQUA (INDOOR POOL)

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
7.00am				AQUA			
7.15am							
7.45am							
8.15am							
8.45am	8.30am AQUA	AQUA		8.30am AQUA			
9.30am	AQUA	AQUA	AQUA	AQUA	AQUA	AQUA	
10.30am			AQUA		AQUA	AQUA	
5.30pm	AQUA		AQUA	AQUA			