

GROUP FITNESS TIMETABLE

STUDIO 1


TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.15am	CORE	HIIT	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP		
7.15am	BARRE ATTACK						
8:00am							BARRE ATTACK
8.30am							
9:00am	HATHA YOGA						
9.30am			DISCO		ZUMBA	PILATES	HATHA / VINYASA YOGA
10.00am	HATHA YOGA						
10.30am		PILATES	JAZZ	CARDIO & CONDITIONING			HATHA YOGA
11.30am		PILATES		ABSOLUTELY			
12.00pm							
5.00pm	PULSES		PULSES				
6.00pm				HATHA / VINYASA YOGA			
6.30pm	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP				
7.00pm							

60 minute class

- Please bring a towel to every class - No Towel, No Training
- All classes are 45 minutes unless specified otherwise
- Classes are limited to 20 people
- First in, first served policy
- To claim your place in the class please write your name on the whiteboard.

STUDIO 2

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.30am			CYCLE		CYCLE		
7.10am							
8.30am						CYCLE	
9.30am						CYCLE	
10.10am							
10.30am			BALLET Beginner				
11.30am			BALLET Advanced				
3.30pm							
4.30pm							
5.30pm							
6.30pm	CYCLE						

60 minute class 

AQUA (INDOOR POOL)

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
7.00am							
8.00am							
9:30am	AQUA	AQUA		AQUA	AQUA	AQUA	
10.30am	AQUA	AQUA		AQUA	AQUA	AQUA	
5.00pm							
5.30pm	AQUA		AQUA	AQUA			
6:30pm	AQUA		AQUA	AQUA			
7.30pm							