


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							
8:00am							
8.30am						LES MILLS ^{NEW} BODYATTACK	LES MILLS ^{NEW} BODYPUMP
9:00am	HATHA YOGA						
9.30am		^{NEW} ZUMBA	DISCO	HATHA YOGA ^{NEW}	^{NEW} ZUMBA	PILATES	HATHA / VINYASA YOGA
10.00am	HATHA YOGA						
10.30am		PILATES	JAZZ	CARDIO & CONDITIONING			HATHA YOGA
11.30am		PILATES		ABSOLUTELY			
4:15pm			^{NEW} PULSES				
5.00pm	PULSES		PULSES	VINYASA YOGA			
5:30pm							
6.00pm				LES MILLS ^{NEW} BODYATTACK			
6:30pm	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP				

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		
7:15am	BARRE ATTACK						
8.00am							BARRE ATTACK
8.30am						CYCLE	
9:30am						CYCLE	
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							
7.30pm							