


# GROUP FITNESS TIMETABLE

## STUDIO 1


TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.15am	CORE	HIIT	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYSTEP</b>	LES MILLS <b>BODYPUMP</b>		
7.15am							
8.00am							
8.30am			PILATES			LES MILLS <b>BODYATTACK</b>	LES MILLS <b>BODYPUMP</b>
9.00am	LES MILLS <b>BODYPUMP</b>			HATHA YOGA			
9.30am		ZUMBA	GROUP groove		ZUMBA	PILATES	HATHA / VINYASA YOGA
10.00am	HATHA YOGA						
10.30am		PILATES		CARDIO & CONDITIONING	HATHA YOGA		HATHA YOGA
11.30am	ZUMBA	PILATES		ABSOLUTELY			
4:15pm			PULSES				
4:30pm		HATHA YOGA					
5.00pm	PULSES		PULSES				
5:30pm				VINYASA YOGA			
6:30pm	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYSTEP</b>	LES MILLS <b>BODYPUMP</b>				

 60 minute class

- Please bring a towel to every class - No Towel, No Training
- All classes are 45 minutes unless specified otherwise
- Studio limits: Studio 1: 50 / Studio 2: 37 / Pool: 20
- First in, first served policy
- To claim your place in aqua 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							
10.30am			BALLET Beginner	BROADWAY JAZZ <small>NEW</small>			
11.30am			BALLET Advanced	TAP <small>NEW</small>			
12.00pm							
12.30pm				CYCLE <small>NEW</small>			
5.30pm							
6.30pm	CYCLE						

 60 minute class

## AQUA (INDOOR POOL)

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
7.30am			AQUA <small>NEW</small>				
8.00am	AQUA <small>NEW</small>						
9:30am	AQUA	AQUA		AQUA	AQUA	AQUA	
10.30am	AQUA	AQUA		AQUA	AQUA	AQUA	
5.00pm							
5.30pm	AQUA		AQUA				
6:30pm							
7.30pm							