

# GROUP FITNESS CLASSES

## TIMETABLE

STARTS 2nd FEBRUARY

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN STUDIO	06:10am					<b>BODYPUMP</b> Robynne 45min		
	07:00am	<b>B Active Longer - Aerobic</b> Robynne 45min	<b>BODYPUMP</b> Charne 45min	<b>B Active Longer - Aerobic</b> Robynne 45min	<b>Core &amp; More</b> Robynne 45min	<b>Yin Yoga</b> Belle 50min		
	08:00am	<b>Hatha Yoga</b> Nadine 50min	<b>Yoga Gentle</b> Nadine 50min	<b>Yin Yoga</b> Nadine 50min	<b>Yoga Gentle</b> Charne 50min	<b>B Active Longer - Circuit</b> Terri 45min		
	08:15am						<b>Circuit</b> Brett 45min	
	09:00am	<b>BODYPUMP</b> Terri 60min	<b>Fit &amp; Fabulous</b> Robynne 45min	<b>Booty Camp</b> Robynne 45 min	<b>BODYPUMP</b> Charne 45min	<b>Zumba</b> Lauren 60min	<b>Vinyasa Yoga</b> Nadine 60min	
	10:00am	<b>Zumba</b> Lara 60min	<b>Chair Yoga</b> Nadine 45min	<b>Zumba</b> Lara 60min	<b>Chair Yoga</b> Nadine 45min	<b>BODYPUMP</b> Terri 60min		
	11:15am	<b>B Active Longer - Circuit</b> Leah 45min		<b>B Active Longer - Circuit</b> Leah 45min				
	12:15pm	<b>Chair Yoga</b> Vanessa 45min	<b>Stretch &amp; Strength</b> Brett 60min		<b>Stretch &amp; Strength</b> Brett 60min			
	4:30pm	<b>Kids Zumba</b> Lauren 45min		<b>Yoga/Pilates</b> Charne 50min				
	5:30pm	<b>Core &amp; More</b> Robynne 45min	<b>Zumba</b> Lauren 60min	<b>BODYPUMP</b> Robynne 45min	<b>Yoga/Pilates</b> Charne 50min			
OUT-DOOR JOHN WRIGHT PARK	08:00am	<b>B Active Longer - Circuit</b> Brett 45min		<b>B Active Longer - Circuit</b> Bec 45min	<b>B Active Longer - Circuit</b> Bec 45min			

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SMALL GROUP STUDIO	6:15am	Aerobic Vanessa 30min	Strength Brett 30min	Functional Leah 30min	Aerobic Vanessa 30min	Strength Leah 30min		
	8:45am					Strength Leah 30min		
	9:00am	Aerobic Leah 30min	Strength Brett 30min	Functional Leah 30min	Aerobic Vanessa 30min			
	9:25am					Strength Vanessa 30min		
	11:15am					B Active Longer - Strength Leah 30min		
	4:00pm			Teen Brett 30min				
	5:30pm	Cardio Boxing Mick 30min	Strength Mick 30min	Functional Hayley 30min	Cardio Boxing Mick 30min			

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATICS	08:00am	AQUA AEROBICS Lauren 45min	AQUA AEROBICS Charne 45min	AQUA AEROBICS Charne 45min	AQUA AEROBICS Bethany 45min	AQUA ZUMBA Lauren 45min		
	09:30am	AQUA AEROBICS Bethany 45min		AQUA AEROBICS Bethany 45min		AQUA AEROBICS Bethany 45min		
	6:15pm				AQUA ZUMBA Lauren 45min			