

GROUP FITNESS CLASSES

TIMETABLE

STARTS 28th APRIL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN STUDIO	06:05am		Strength Brett 30min				
	07:00am	B Active Longer - Aerobic Robynne 45min	BODYPUMP Charne 45min	B Active Longer - Aerobic Robynne 45min	Core & More Robynne 45min	Yin Yoga Belle 50min	
	08:00am	Hatha Yoga Nadine 50min	Yoga Gentle Nadine 50min	Yin Yoga Nadine 50min	Hatha Yoga Charne 50min	B Active Longer - Circuit Terri 45min	8:15am Circuit Brett 45min
	09:00am	BODYPUMP Terri 60min	Fit & Fabulous Robynne 45min	Booty Camp Robynne 45 min	BODYPUMP Robynne 45min	Zumba Lauren 60min	Vinyasa Yoga Nadine 60min
	10:00am	Zumba Lara 60min	Chair Yoga Nadine 45min	Zumba Lara 60min	Chair Yoga Charne 45min	BODYPUMP Terri 60min	
	11:15am	B Active Longer - Circuit Leah 45min	Stretch & Strength Brett 45min	B Active Longer - Circuit Leah 45min	Stretch & Strength Brett 45min		
	12:15pm	Chair Yoga Vanessa 45min					
	4:30pm	Kids Zumba Lauren 45min		Yoga Charne 50min	Zumba Lauren 60min	Yin Yoga Belle 50min	
	5:30pm	Mat Pilates Robynne 45min	Zumba Lara 60min	BODYPUMP Charne 45min	Yoga Charne 50min		
LAKE STREET OVAL			B Active Longer - Circuit Robynne 45min	B Active Longer - Circuit Brett 45min			

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SMALL GROUP STUDIO	6:05am	Aerobic Vanessa 30min		Functional Leah 30min	Aerobic Vanessa 30min	Strength Leah 30min		
	6:35am	Aerobic Vanessa 30min		Functional Leah 30min	Aerobic Vanessa 30min	Strength Leah 30min		
	8:45am					Strength Leah 30min		
	9:00am	Aerobic Vanessa 30min	Strength Brett 30min	Functional Leah 30min	Aerobic Vanessa 30min			
	9:25am					Strength Vanessa 30min		
	11:15am					B Active Longer - Strength Leah 30min		
	5:30pm	Cardio Boxing Mick 30min	Strength Mick 30min	Functional Hayley 30min				

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AQUATICS	08:00am	AQUA AEROBICS Lauren 45min	AQUA AEROBICS Charne 45min	AQUA AEROBICS Lauren 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			