
























































































GROUP CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Conditioning Circuits 07:00am Studio 1	 Body Conditioning 09:15am Studio 1	 Group Cycle 07:00am Studio 3	 Group Cycle 07:30am Studio 3	 Les Mills Core 07:15am Studio 1	 Body Pump 09:00am Studio 1	 Body Pump 09:15am Studio 1
 Body Pump 09:00am Studio 1	 Aqua 10:15am Pool	 Pilates 08:00am Studio 2	 Mindfulness & Meditation 09:15am Studio 2	 Pilates 08:00am Studio 2	 Aqua 09:45am Pool	 Pilates 09:30am Studio 2
 Pilates 09:15am Studio 2	 Pilates 10:15am Studio 2	 Body Pump 09:00am Studio 1	 Total Body Workout 09:30am Studio 1	 Les Mills Body Balance 09:15am Studio 2	 Power Yoga 09:45am Studio 2	 Body Attack 10:15am Studio 1
 Group Cycle 09:30am Studio 3	 Body Attack 10:15am Studio 1	 Pilates 09:30am Studio 2	 Hatha Flow 10:15am Studio 2	 Step 09:30am Studio 1	 Body Combat 10:00am Studio 1	 HIIT 10:30am Gym Floor
 Body Combat 10:00am Studio 1	 Core Conditioning 10:30am Gym Floor	 Zumba 10:00am Studio 1	 Core Conditioning 10:30am Gym Floor	 Mindfulness & Meditation 10:15am Studio 2	 Core Conditioning 10:30am Gym Floor	 Group Cycle 10:30am Studio 3
 Les Mills Body Balance 10:15am Studio 2	 Les Mills Core 11:10am Studio 1	 HIIT 10:30am Gym Floor	 Aqua 10:30am Pool	 HIIT 10:30am Gym Floor	 Group Cycle 11:00am Studio 3	 Core Conditioning 17:30pm Gym Floor
 HIIT 10:30am Gym Floor	 Group Cycle 11:15am Studio 3	 Pure Stretch 10:45am Studio 2	 Zumba Gold 11:15am Studio 1	 Legs, Bums and Tums 10:30am Studio 1	 HIIT 17:30pm Gym Floor	
 Aqua 10:30am Pool	 Pilates 12:00pm Studio 2	 Aqua 11:15am Pool	 Pilates 11:30am Studio 2	 Fit and Fun 11:30am Studio 1		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Zumba</p> <p>11:00am Studio 1</p>	 <p>Aqua Zumba</p> <p>12:30pm Pool</p>	 <p>Hatha Flow</p> <p>11:45am Studio 2</p>	 <p>HIIT</p> <p>17:30pm Gym Floor</p>	 <p>Pilates</p> <p>12:30pm Studio 2</p>		
 <p>Hatha Flow</p> <p>11:30am Studio 2</p>	 <p>Get into Golf</p> <p>13:00pm Outside</p>	 <p>Zumba Gold</p> <p>12:30pm Studio 1</p>	 <p>Les Mills Core</p> <p>17:45pm Studio 1</p>	 <p>Aqua</p> <p>12:30pm Pool</p>		
 <p>Core Conditioning</p> <p>17:30pm Gym Floor</p>	 <p>Yoga</p> <p>13:00pm Studio 2</p>	 <p>Yoga</p> <p>17:00pm Studio 2</p>	 <p>Pilates</p> <p>18:00pm Studio 2</p>	 <p>Core Conditioning</p> <p>17:30pm Gym Floor</p>		
 <p>Power Yoga</p> <p>17:45pm Studio 2</p>	 <p>Les Mills Body Balance</p> <p>17:00pm Studio 2</p>	 <p>Core Conditioning</p> <p>17:30pm Gym Floor</p>	 <p>Body Pump</p> <p>18:30pm Studio 1</p>	 <p>Aqua Zumba</p> <p>17:30pm Pool</p>		
 <p>Body Pump</p> <p>18:00pm Studio 1</p>	 <p>HIIT</p> <p>17:30pm Gym Floor</p>	 <p>Legs, Bums and Tums</p> <p>17:45pm Studio 1</p>	 <p>Group Cycle</p> <p>18:30pm Studio 3</p>	 <p>Group Cycle</p> <p>18:00pm Studio 3</p>		
 <p>Group Cycle</p> <p>18:30pm Studio 3</p>	 <p>Pilates</p> <p>18:00pm Studio 2</p>	 <p>Group Cycle</p> <p>18:30pm Studio 3</p>	 <p>Aqua</p> <p>18:45pm Pool</p>	 <p>Zumba</p> <p>18:30pm Studio 1</p>		
 <p>Body Attack</p> <p>19:00pm Studio 1</p>	 <p>Les Mills Body Step</p> <p>18:15pm Studio 1</p>	 <p>Zumba</p> <p>18:45pm Studio 1</p>	 <p>Stretch & Tone</p> <p>19:00pm Studio 2</p>			
	 <p>Group Cycle</p> <p>19:00pm Studio 3</p>	 <p>Mindfulness & Meditation</p> <p>19:30pm Studio 2</p>	 <p>Body Combat</p> <p>19:30pm Studio 1</p>			

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Body Pump

19:15pm
Studio 1

Valid from 17/01/2022 to 21/01/2022.