



GROUP FITNESS CLASS TIMETABLE

TERM 1 : MONDAY 16 SEPTEMBER 2024 - WEDNESDAY 11 DECEMBER 2024

MONDAY

12.15-13.00	PILATES (SALLY)	STUDIO 2
12.30-13.15	SPIN 45 (FRASER)	STUDIO 4
17.15-18.00	YOGA (MOJGAN)	STUDIO 3
17.15-18.00	BODYPUMP (SUSAN)	STUDIO 1
18.15-18.45	SPIN 30 (KIM)	STUDIO 4
18.15-19.00	ZUMBA (SILVIA)	STUDIO 2
18.15-19.00	BODYCOMBAT (GREG)	STUDIO 1
19.00-19.45	PILATES (KIM)	STUDIO 3

TUESDAY

07.30-08.15	SPIN 45 (SCOTT)	STUDIO 4
10.30-11.15	YOGA (BECKY)	STUDIO 3
12.30-13.15	YOGA (KATE)	STUDIO 3
12.30-13.15	BODYPUMP (SCOTT)	STUDIO 1
16.45-17.25	BARRE (ANNA)	STUDIO 3
17.15-18.00	BODYPUMP (NINA)	STUDIO 1
17.30-18.00	ZUMBA (ALESSANDRA)	STUDIO 3
18.15-19.00	YOGALATES (CLAIRE)	STUDIO 3
19.05-19.35	SPIN 30 (CLAIRE)	STUDIO 4

WEDNESDAY

07.30-08.15	YOGA SUNRISE (MOJGAN)	STUDIO 3
08.20-08.50	YOGA SUNRISE FLOW (MOJGAN)	STUDIO 3
12.15-13.00	ZUMBA (SILVIA)	STUDIO 1
12.15-13.00	PILATES (SALLY)	STUDIO 2
12.30-13.15	SPIN 45 (CLAIRE)	STUDIO 4
17.00-17.30	SPIN 30 (SCOTT)	STUDIO 4
17.35-18.20	YOGA (MELINA)	STUDIO 3
17.40-18.25	BODYPUMP (SCOTT)	STUDIO 1
18.30-18.55	CORE (SCOTT)	STUDIO 1
18.30-19.00	BARRE (ANNA)	STUDIO 3
19.00-19.45	STRONG NATION (SILVIA)	STUDIO 1
19.15-20.00	YOGALATES (SARAH)	STUDIO 3

THURSDAY

07.30-08.00	SPIN 30 (SCOTT)	STUDIO 4
12.30-13.15	YOGA (BECKY)	STUDIO 3
12.30-13.15	CONDITIONING (SCOTT)	STUDIO 1
16.30-17.00	SPIN 30 (KIM)	STUDIO 4
16.45-17.30	BARRE (ANNA)	STUDIO 3
17.10-17.55	PILATES (KIM)	STUDIO 2
17.30-18.00	SPIN 30 (CLAIRE)	STUDIO 4
18.10-18.55	YOGALATES (CLAIRE)	STUDIO 3
18.15-19.00	BODYPUMP (NINA)	STUDIO 1

FRIDAY

07.30-08.00	SPIN 30 (SCOTT)	STUDIO 4
12.05-12.40	SPIN 35 (FRASER)	STUDIO 4
12.30-13.15	BODYPUMP (PAULINE)	STUDIO 1
12.45-13.30	YOGA (STEVE)	STUDIO 3
16.45-17.30	YOGA (KATE)	STUDIO 3
17.05-17.35	BODYPUMP 30 (SARAH)	STUDIO 1
17.45-18.15	SPIN 30 (SARAH)	STUDIO 4
18.20-19.00	YOGALATES (SARAH)	STUDIO 3

SATURDAY

09.30-10.00	SPIN 30 (SCOTT)	STUDIO 4
10.15-11.00	BODYPUMP (SCOTT)	STUDIO 1
11.05-11.35	STRETCH 30 (SCOTT)	STUDIO 1
17.00-17.45	YOGA (ELLIE)	STUDIO 3

SUNDAY

09.30-10.00	SPIN 30 (KIM)	STUDIO 4
10.15-11.00	PILATES (KIM)	STUDIO 3
16.45-17.15	SPIN 30 (SHERYL)	STUDIO 4
17.20-17.50	CORE (SHERYL)	STUDIO 1



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