

GROUP FITNESS TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am (45) Annette BOX N FIRM	6am (45) Annette POWER CIRCUIT	6am (45) Annette CYCLE	6am (45) Annette BODYFIRM	6am (45) Anna POWER CIRCUIT	6am (60) Annette RUN CLUB	10.10am (60) Mary CYCLE
9.10am Anna ABS & BUTTS	9.30am Anna BODYFIRM	9.00am (30) Lindsey ABS & BUTTS	9.30am Loren PILATES	9.15am Annette / Cat BODYFIRM	8.00am (30) Joanna EXPRESS CYCLE	10.30am BODYFIRM
9.30am (45) Catriona CYCLE	9.30am Catriona CYCLE	9.30am Anna BOX N FIRM	10.30am Loren BODYFIRM	10.15am Claudio ZUMBA	8.30am Joanna CYCLE	11.30am PILATES
10.00am Anna BODYFIRM	10.30am Emily ZUMBA	9.30am (55) Lindsey CYCLE	11.45am Lindsey BOOTY BARRE	11.15am Shivani VINYASA YOGA	8.30am Anna BOX N FIRM	2.30pm Claire VINYASA YOGA
11.00am Lindsey PILATES	11.30am Rebecca JAPANESE YOGA	10.30am Lindsey PILATES PROPS	5.30pm Deb PILATES	5.30pm Annette VINYASA YOGA	9.30am Joanna BODYFIRM	
5.00pm Lindsey BOOTY BARRE	4.30pm Lindsey ABS & BUTTS	11.30am Annette VINYASA YOGA	6.30pm Jean ZUMBA		10.30am Deb PILATES	
6.00pm (30) Kristy ABS & BUTTS	5.30pm Lindsey BOOTY BARRE	12.30pm (45) Gemma YOUNG at HEART (seniors)	7.30pm Kate YIN YOGA		11.30am Barbara ZUMBA	
6.00pm (30) Annette EXPRESS CYCLE	6.30pm Kate VINYASA YOGA	5.30pm Anna BODYFIRM			4.00pm Shivani VINYASA YOGA	
6.30pm Kristy BODYFIRM	7.30pm (45) Anna POWER CIRCUIT	6.30pm Deb PILATES				
7.30pm Barbara ZUMBA		7.30pm (45) Anna BOX N FIRM				



CRUNCH CONDITIONING SESSIONS - 30 MINS - BOOK YOUR 1st VISIT FREE AT RECEPTION

10.30am 6.40pm	9.00am	6.15am 10am 6.00pm		9.30am	8.30am 9.10am	
Closes 9pm	Closes 9pm	Closes 9pm	Closes 9pm	Closes 8pm	Closes 6pm	Closes 4pm