

# CRUNCH TEMPORARY TIMETABLE DURING COVID-19



TO ACCOMMODATE MAX 20 PEOPLE PER CLASS (12 in YOUNG AT HEARTS, 11 in RIG)

PLEASE NOTE, THIS TIMETABLE WILL CHANGE ONCE FURTHER RESTRICTIONS ARE EASED + SOME CHANGES MAY OCCUR BEFORE. CLASSES MUST BE BOOKED VIA APP UP TO 3 DAYS PRIOR.

	MONDAY OPEN 6am	TUESDAY OPEN 6am	WEDNESDAY OPEN 6am	THURSDAY OPEN 6am	FRIDAY OPEN 6am	SATURDAY OPEN 7am	SUNDAY OPEN 7am
6am – 6.45pm	DUMBBELL AERO BOX Annette	CARDIO & CORE Annette <b>+ ZOOM</b>	CYCLE Annette	STRENGTH & CORE Annette <b>+ ZOOM</b>	HIIT Deb <b>+ ZOOM</b>	OUTDOOR RUN CLUB	
7am – 7.45am	CYCLE Annette	BODY FIRM Deb	Recorded <b>BODY SHAPE</b>	CYCLE Annette	Recorded <b>CYCLE</b>	BODY FIRM Nick	Recorded <b>BODY FIRME</b>
8am – 8.45am	Functional Core 30 Mins Annette 8am	XPRESS HIIT Deb 30 Mins	Recorded <b>HIIT</b> RIG 30 Mins Nick 8.30am	Recorded <b>ABS &amp; BUTTS</b>	8.15am Functional Core 30 Mins Annette	CYCLE Mary RIG 45 Mins Jlenia 8am	CYCLE Mary
9am – 9.45am	ABS & BUTTS Annie <b>+ ZOOM</b>	CYCLE Deb	BODY FIRM Nick	BODY FIRM Deb	FREESTYLE BODY FIRM Annette <b>+ ZOOM</b>	BODY FIRM Nick RIG 45 mins Jlenia 9am	YOGA Annette <b>+ ZOOM</b>
10am – 10.45am	BODY FIRM Annie	PILATES Estelle <b>+ ZOOM</b>	CYCLE Lindsey	ABS & BUTTS Deb <b>+ ZOOM</b>	YOGA Annette <b>+ZOOM</b>	PILATES Deb <b>+ ZOOM</b>	BODY FIRM Michelle
11am – 11.45am	PILATES Lindsey <b>+ ZOOM</b>	STRONG *NEW Bianca	PILATES Lindsey <b>+ ZOOM</b>	PILATES Grace <b>+ ZOOM</b>	11.15pm – ZUMBA Jlenia	PILATES Deb	PILATES Felicia
12 – 12.45pm	Recorded <b>BODY FIRM</b>	ZUMBA Claudio	VINYASA YOGA Alana <b>+ ZOOM</b>		12.15pm YOUNG AT HEART Robbie	MOVE IT! Barbara	Recorded <b>CYCLE</b>
1.15pm – 2pm	YOUNG AT HEART Annette <b>+ ZOOM</b>	Recorded <b>YOUNG AT HEART</b>	YOUNG AT HEART Robbie	Recorded <b>YOUNG AT HEART</b>	YOUNG AT HEART Robbie	Recorded <b>CYCLE</b>	Recorded <b>BODY FIRM 1pm</b>
2pm – 2.45pm	Recorded <b>CYCLE</b>	Recorded <b>ABS + BUTTS</b>	Recorded <b>BODY FIRM</b>	Recorded <b>YOGA</b>	Recorded <b>HIIT</b>	Recorded <b>BODY FIRM</b>	Recorded <b>ABS + BUTTS</b>
3pm – 3.45pm	Recorded <b>BODY FIRM</b>	Recorded <b>BODY FIRM</b>	Recorded <b>ABS + BUTTS</b>	Recorded <b>CYCLE</b>	Recorded <b>BODY FIRM</b>	YOGA Annette <b>+ ZOOM</b>	YOGA Natalie
4pm – 4.45pm	Recorded <b>ABS &amp; BUTTS</b>	Recorded <b>CYCLE</b>	Recorded <b>CYCLE</b>	Recorded <b>BODY FIRM</b>	Recorded <b>CYCLE</b>		
5pm- 5.45pm	PILATES Lindsey <b>+ ZOOM</b>	CYCLE Jlenia	BODY FIRM Michelle	PILATES Deb <b>+ ZOOM</b>			
6pm – 6.45pm	BODY FIRM Kristy	HIIT Josh <b>+ ZOOM</b>	PILATES Deb <b>+ ZOOM</b>	ZUMBA Jean	YOGA 5.30pm Annette <b>+ ZOOM</b>		
7pm – 7.45pm	MOVE IT! Barbara	YOGA Kate	RT24 *NEW Bianca <b>+ ZOOM</b>	ABS & BUTTS Kristy <b>+ ZOOM</b>			
	<b>CLOSE 9pm</b>	<b>CLOSE 9pm</b>	<b>CLOSE 9pm</b>	<b>CLOSE 9pm</b>	<b>CLOSE 8pm</b>	<b>CLOSE 6pm</b>	<b>CLOSE 4pm</b>