

CRUNCH TIMETABLE

TIM **RIG**E *Booking Required*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30am	9.30am	6.15am	9.30am	9.30am	8.00am	
10.00am	10.00am	9.00am	10.00am	10.00am	8.30am	
10.30am		9.30am	5.45pm		9.10am	
6.40pm			6.15pm			

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 Freestyle BODYFIRM	6am (45) Anna POWER CIRCUIT	6am (60) Annette RUN CLUB	10.10am (60) Mary CYCLE
9.10am Anna ABS & BUTTS	9.00am (30) Anna EXPRESS BODYFIRM	9.00am (30) Lindsey ABS & BUTTS	9.30am Anna PILATES	9.15am (60) Annette FREESTYLE BODYFIRM	8.00am (30) Mary EXPRESS CYCLE	10.30am (60) Felicia BODYFIRM
9.30am (45) Nick CYCLE	9.30am Anna BODYFIRM	9.30am Anna BOX N FIRM	10.30am Anna BODYFIRM	10.15am Susie ZUMBA	8.00am (50) Anna BOX N FIRM	11.30am (60) Felicia PILATES
10.00am Anna BODYFIRM	9.30am Melissa CYCLE	9.30am (55) Lindsey CYCLE	11.45am Lindsey BOOTY BARRE	11.15am Annette VINYASA YOGA	8.30am (60) Mary CYCLE	2.30pm (60) Amanda VINYASA YOGA
11.00am Lindsey PILATES	10.30am Claudio ZUMBA	10.30am Lindsey PILATES PROPS	5.30pm Deb PILATES	12.30pm (45) Robbie YOUNG at HEART	9.00am (30) Anna EXPRESS BODYFIRM	
12 noon (45) Gemma YOUNG at HEART	11.30am Anna PILATES	11.30am Alana VINYASA YOGA	6.30pm Jean ZUMBA	5.30pm Annette VINYASA YOGA	9.30am Melissa BODYFIRM	
5.00pm Lindsey BOOTY BARRE	4.30pm Lindsey ABS & BUTTS	12.30pm (45) Robbie YOUNG at HEART	7.30pm Kate VINYASA YOGA		10.30am Deb PILATES	
6.00pm (30) Christine ABS & BUTTS	5.30pm Lindsey BOOTY BARRE	5.30pm Anna BODYFIRM			11.30am Barbara ZUMBA	
6.00pm (30) Annette EXPRESS CYCLE	6.30pm Kate VINYASA YOGA	6.30pm Deb PILATES			3.45pm Alana VINYASA YOGA	
6.30pm Christine BODYFIRM	7.30pm (45) Anna POWER CIRCUIT	7.30pm (45) Anna BOX N FIRM				
7.30pm Barbara ZUMBA						

crunch
FEMALE FITNESS CENTRE

Closes 9pm

Closes 9pm

Closes 9pm

Closes 9pm

Closes 8pm

Closes 6pm

Closes 4pm