

NEW TEMPORARY GROUP FITNESS TIMETABLE: Monday 23rd March – Sunday 29th March MAX NUMBER 15

(TO ALLOW FOR 4SQ METRE SOCIAL DISTANCING) BOOKING SYSTEM VIA APP (OR CALL US 9518 1588)

MON	TUES	WED	THURS	FRI	SAT	SUN
6am (50) Annette AIR BOX	6am (45) Annette POWER CIRCUIT	6am (45) Annette CYCLE	6am (45) Annette POWER CIRCUIT	6am (45) Anna POWER CIRCUIT	6am(60) Annette RUN CLUB	
9.10am (50) Anna ABS & BUTTS	9am (30) Anna XPRESS B/FIRM	9am (30) Lindsey ABS & BUTTS	9.30am (60) Anna PILATES	9am(45) Annette FREESTYLE B/FIRM	8am (30) Mary XPRESS CYCLE	
9.30am (60) Nick CYCLE	9.30am(55) Anna B/FIRM	9.30am(45) Anna AIR BOX	10.30am(55) Anna B/FIRM	9.45am(45) Annette FREESTYLE B/FIRM	8am (50) Anna AIR BOX	
10am (30) Anna XPRESS B/FIRM	9.30am(45) Deb CYCLE	9.30am(45) Lindsey CYCLE	11.45 (60) Lindsey BOOTY BARRE	10.30am(60) Susie ZUMBA	8.30am(60) Mary CYCLE	10.10am(60) Mary CYCLE
10.30am (30) Anna XPRESS B/FIRM	10.30 (60) Claudio ZUMBA	10.30am(60) Lindsey PILATES		11.30am(60) Annette VINYASA YOGA	9am (30) Anna XPRESS B/FIRM	10.30 (60) Felicia B/FIRM
11am (60) Lindsey PILATES	11.30am(60) Anna PILATES	11.30am(60) Alana YOGA			9.30am(60) Nick B/FIRM	11.30am (60) Felicia PILATES
					10.30am(45) Grace YOGALATES	
12.30 (45) Deb YOUNG AT HEARTS		12.30 (45) Robbie YOUNG AT HEARTS		12.30 (45) Robbie YOUNG AT HEARTS	11.15am(45) Grace YOGALATES	
5pm (60) Lindsey BOOTY BARRE					12pm (60) Barbara ZUMBA	
6pm (30) Annette CYCLE	4.30pm (60) Lindsey ABS/BUTTS		5pm (45) Deb PILATES		3.45pm Annette VINYASA YOGA	2.30pm Natalie VINYASA YOGA
6pm (30) Amanda ABT	5.30pm (60) Lindsey BOOTY BARRE	5.30pm (55) Anna B/FIRM	5.45pm(45) Deb PILATES	5.30pm (60) Annette VINYASA YOGA		
6.30pm (55) Amanda B/FIRM	6.30pm (60) KATE VINYASA YOGA	6.30pm (55) Deb PILATES	6.30pm Jean ZUMBA			
7.30pm (60) Barbara ZUMBA	7.30pm(45) Anna POWER CIRCUIT	7.30pm (45) Anna BODY SHAPE				