

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 Loren PILATES	9.15am (60) Annette FREESTYLE BODYFIRM	8.00am (30) Joanna EXPRESS CYCLE	10.30am (60) Felicia BODYFIRM
9.30am (45) Catriona 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 / CORE
10.00am Anna BODYFIRM	9.30am Catriona CYCLE	9.30am (55) Lindsey CYCLE	11.45am Lindsey BOOTY BARRE	11.15am Shivani VINYASA YOGA	8.30am (60) Joanna CYCLE	2.30pm (60) Amanda VINYASA YOGA
11.00am Lindsey PILATES	10.30am Emily 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 Annabel YOGA	11.30am Alana VINYASA YOGA	6.30pm Jean ZUMBA	5.30pm Annette VINYASA YOGA	9.30am Joanna BODYFIRM	
5.00pm Lindsey BOOTY BARRE	4.30pm Lindsey ABS & BUTTS	12.30pm (45) Robbie YOUNG at HEART	7.30pm Kate YIN 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			4.00pm 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 CONDITIONING SESSIONS - 30 MINS - BOOK YOUR 1st VISIT FREE AT RECEPTION

10.30am 6.40pm		6.15am, 9am, 9.30am, 6pm		9.30am 10.00am	8.30am 9.10am	
Closes 9pm	Closes 9pm	Closes 9pm	Closes 9pm	Closes 8pm	Closes 6pm	Closes 4pm