

## GROUP FITNESS TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am (45) Annette <b>BOX N FIRM</b>	6am (45) Annette <b>POWER CIRCUIT</b>	6am (45) Annette <b>CYCLE</b>	6am (45) Annette Freestyle <b>BODYFIRM</b>	6am (45) Anna <b>POWER CIRCUIT</b>	6am (60) Annette <b>RUN CLUB</b>	10.10am (60) Mary <b>CYCLE</b>
9.10am Anna <b>ABS &amp; BUTTS</b>	9.00am (30) Anna <b>EXPRESS BODYFIRM</b>	9.00am (30) Lindsey <b>ABS &amp; BUTTS</b>	9.30am Anna <b>PILATES</b>	9.15am (60) Annette <b>FREESTYLE BODYFIRM</b>	8.00am (30) Joanna <b>EXPRESS CYCLE</b>	10.30am (60) Felicia <b>BODYFIRM</b>
9.30am (45) Catriona <b>CYCLE</b>	9.30am Anna <b>BODYFIRM</b>	9.30am Anna <b>BOX N FIRM</b>	10.30am Anna <b>BODYFIRM</b>	10.15am Susie <b>ZUMBA</b>	8.00am (50) Anna <b>BOX N FIRM</b>	11.30am (60) Felicia <b>PILATES</b>
10.00am Anna <b>BODYFIRM</b>	9.30am Catriona <b>CYCLE</b>	9.30am (55) Lindsey <b>CYCLE</b>	11.45am Lindsey <b>BOOTY BARRE</b>	11.15am Shivani <b>VINYASA YOGA</b>	8.30am (60) Joanna <b>CYCLE</b>	2.30pm (60) Amanda <b>VINYASA YOGA</b>
11.00am Lindsey <b>PILATES</b>	10.30am Emily <b>ZUMBA</b>	10.30am Lindsey <b>PILATES PROPS</b>	5.30pm Deb <b>PILATES</b>	12.30pm (45) Robbie <b>YOUNG at HEART</b>	9.00am (30) Anna <b>EXPRESS BODYFIRM</b>	
12 noon (45) Gemma <b>YOUNG at HEART</b>	11.30am Anna <b>PILATES</b>	11.30am Alana <b>VINYASA YOGA</b>	6.30pm Jean <b>ZUMBA</b>	5.30pm Annette <b>VINYASA YOGA</b>	9.30am Joanna <b>BODYFIRM</b>	
5.00pm Lindsey <b>BOOTY BARRE</b>	4.30pm Lindsey <b>ABS &amp; BUTTS</b>	12.30pm (45) Robbie <b>YOUNG at HEART</b>	7.30pm Kate <b>YIN YOGA</b>		10.30am Deb <b>PILATES</b>	
6.00pm (30) Christine <b>ABS &amp; BUTTS</b>	5.30pm Lindsey <b>BOOTY BARRE</b>	5.30pm Anna <b>BODYFIRM</b>			11.30am Barbara <b>ZUMBA</b>	
6.00pm (30) Annette <b>EXPRESS CYCLE</b>	6.30pm Kate <b>VINYASA YOGA</b>	6.30pm Deb <b>PILATES</b>			4.00pm Alana <b>VINYASA YOGA</b>	
6.30pm Christine <b>BODYFIRM</b>	7.30pm (45) Anna <b>POWER CIRCUIT</b>	7.30pm (45) Anna <b>BOX N FIRM</b>				
7.30pm Barbara <b>ZUMBA</b>						



**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	
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Closes 9pm	Closes 9pm	Closes 9pm	Closes 9pm	Closes 8pm	Closes 6pm	Closes 4pm
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