

# GROUP FITNESS

Summer Timetable - February 3 to March 1

Time	MON	TUE	WED	THU	FRI	Time	SAT	SUN
7.15am		<b>TOTAL BODY</b> Matt, 45min GROUP X STUDIO	<b>SPIN</b> Matt, 45min SPIN STUDIO	<b>PUMP</b> Matt, 45min GROUP X STUDIO	<b>SPIN</b> Matt, 45min SPIN STUDIO	8.30am	<b>PUMP</b> Kristy, 55min GROUP X STUDIO	
12:10pm	<b>PUMP</b> Matt, 45min GROUP X STUDIO	<b>YOGA</b> Emmy, 50min MIND BODY STUDIO	<b>BARRE FIT</b> Lisa, 45min MIND BODY STUDIO	<b>HIIT</b> Kaya, 45min GROUP X STUDIO	<b>PUMP</b> Ella, 50min GROUP X STUDIO	9.30am	<b>ZUMBA</b> Alondra, 55min GROUP X STUDIO	<b>YOGA-LATES</b> Gaby, 55min GROUP X STUDIO
1.10pm	<b>YOGA</b> Marcel, 50min MIND BODY STUDIO	<b>PUMP</b> Kristy, 45min GROUP X STUDIO	<b>HIIT</b> Kaya, 45min GROUP X STUDIO	<b>PILATES</b> Ingrid, 45min MIND BODY STUDIO	<b>YOGA</b> James, 50min MIND BODY STUDIO	<b>SPORT AND RECREATION</b>		
5.20pm	<b>YOGA</b> Michaela, 55min MIND BODY STUDIO		<b>YOGA-LATES</b> Lisa M, 45min MIND BODY STUDIO	<b>BARRE FIT</b> Lisa, 45min MIND BODY STUDIO		<p><b>Classes FREE with standard membership, No bookings needed, just turn up, introduce yourself to our class instructor and have fun!</b></p>		
5.20pm	<b>PUMP</b> Alain, 55min GROUP X STUDIO	<b>RETRO DANCE FIT</b> Lisa, 45min GROUP X STUDIO	<b>ZUMBA</b> Alondra, 55min GROUP X STUDIO	<b>PUMP</b> Alain, 55min GROUP X STUDIO	<b>DANCE FIT</b> Sonia, 45min GROUP X STUDIO	<p>Key: Intensity Level</p>		
5.30pm	<b>SPIN</b> Kelsey, 45min SPIN STUDIO	<b>SPIN</b> Mike, 45min SPIN STUDIO	<b>SPIN</b> Mike, 45min SPIN STUDIO					
6.30pm	<b>ZUMBA</b> Shawn, 55min GROUP X STUDIO	<b>TOTAL BODY</b> Amy, 45min GROUP X STUDIO		<b>POWER YOGA</b> Frank, 55min MIND BODY STUDIO				