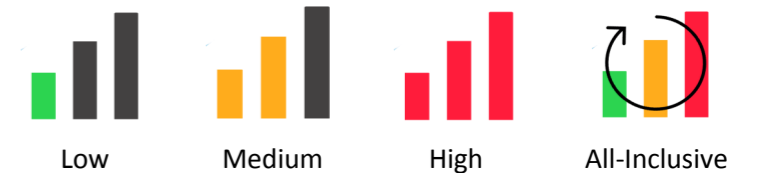


Study + Exam Break

Group Fitness Timetable Jun 10th - 30th.

Studio	Time	MON	TUE	WED	THU	FRI	Studio	Time	SAT	SUN
Aerobic and Dance Studio	6.30am		POWER PILATES Zoe, 45min		TOTAL BODY Sonia, 45min		Aerobic Studio	8.30	PUMP Kristy, 55min	
Aerobic Studio and Spin Studio	7.20am		TOTAL BODY Matt, 45min	SPIN Matt, 45min	PUMP Matt, 45min	SPIN Matt, 45min	Aerobic Studio	9:30	ZUMBA Alondra, 55min	YOGA-LATES Gaby, 55min
Aerobic Studio	12:05	PUMP Matt, 45min	YOGA Emmy, 50min	POWER PILATES Kaya, 45min	HIIT & Stretch Alan, 45min	PUMP Ella, 55min				
Dance Or Spin Studio	12.15		BARRE FIT Lisa, 45min	DANCE FIT & CORE Sonia, 45min	SPIN Tanya, 30min					
Aerobic Studio	1.05	YOGA Emmy, 50min	PUMP Kristy, 45min	HIIT Kaya, 45min	PILATES Ingrid, 45min	CORE Ella, 30min				
Dance Studio Aerobic Studio	3.15	BARRE FIT Lisa, 45min		YOGA James, 45min		TOTAL BODY Sonia, 45min				
Aerobic Studio	4.15	X-FIT Samantha, 45min	YOGA-LATES Samantha, 45min	PUMP Kelly, 45min	STRETCH & ROLL Lisa, 35min	YOGA Samantha, 45min				
Sports Hall/ Dance Studio	varies	ZUMBA Shawn, 55min		ZUMBA Alondra, 55min	BARRE FIT Lisa, 45min	DANCE FIT Sonia, 55min				
Aerobic Studio	5.20	PUMP Belinda, 55min	RETRO DANCE FIT Lisa, 45min	TOTAL BODY Kaya, 45min	PUMP Kelly, 55min	X-FIT Tom, 45min				
Spin Studio	5:30	SPIN Caitlin, 45min	SPIN Mike, 45min	SPIN Kelsey, 45min						
Aerobic Studio	6:30pm	YOGA Michaela, 55min	TOTAL BODY Sonia, 45min	KICKBOX KP, 45min	POWER YOGA Frank, 55min					

Key: Intensity Level



Classes FREE with standard membership,
No bookings needed, just turn up,
introduce yourself to our class instructor
and have fun!

Good Luck
for your exams!



SPORT AND RECREATION