

# GROUP FITNESS

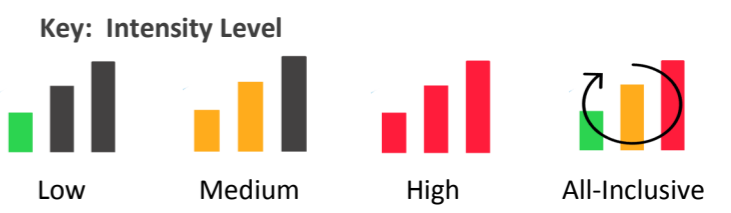
Group Fitness Timetable July 22 - Sep 1

Studio	Time	MON	TUE	WED	THU	FRI	Studio	Time	SAT	SUN
Dance Studio	6.30am		<b>POWER PILATES</b> Zoe, 45min		<b>TOTAL BODY</b> Kaya, 45min		Aerobic Studio	8.30	<b>PUMP</b> Kristy, 55min	
Aerobic Studio Spin Studio	7.20am		<b>TOTAL BODY</b> Matt, 45min AEROBIC STUDIO	<b>SPIN</b> Matt, 45min SPIN STUDIO	<b>PUMP</b> Matt, 45min AEROBIC STUDIO	<b>SPIN</b> Matt, 45min SPIN STUDIO	Aerobic Studio	9:30	<b>ZUMBA</b> Alondra, 55min	<b>YOGA-LATES</b> Gaby, 55min
Dance Studio Aerobic Studio	9.05am		<b>STRETCH &amp; ROLL</b> Lisa, 35min DANCE STUDIO	<b>CORE</b> Kelly, 30min AEROBIC STUDIO	<b>POWER YOGA</b> Samantha, 45min AEROBIC STUDIO					
		<b>PUMP INTRO</b> Pump for beginners Matt, 11.15am -30min								
Aerobic Studio	12:05	<b>PUMP</b> Matt, 45min	<b>YOGA</b> Emmy, 50min	<b>POWER PILATES</b> Kaya, 45min	<b>HIIT</b> Mak, 45min	<b>PUMP</b> Ella, 55min				
Dance Or Spin Studio	12.15		<b>BARRE FIT</b> Lisa, 45min DANCE STUDIO	<b>DANCE FIT &amp; CORE</b> Sonia, 45min DANCE STUDIO	<b>SPIN</b> Tanya, 30min SPIN STUDIO					
Aerobic Studio	1.05	<b>YOGA</b> Emmy, 50min	<b>PUMP</b> Kristy, 45min	<b>HIIT</b> Kaya, 45min	<b>PILATES</b> Ingrid, 45min	<b>YOGA</b> James, 50min				
Dance Studio Aerobic Studio	3.15	<b>BARRE FIT</b> Lisa, 45min DANCE STUDIO		<b>YOGA</b> Dana, 45min DANCE STUDIO		<b>TOTAL BODY</b> Sonia, 45min AEROBIC STUDIO				
Aerobic Studio	4.15	<b>X-FIT</b> Samantha, 45min	<b>YOGA-LATES</b> Samantha, 45min	<b>TOTAL BODY</b> Kaya, 45min	<b>STRETCH &amp; ROLL</b> Lisa, 35min DANCE STUDIO	<b>YOGA</b> Samantha, 45min				
Varies	varies	<b>ZUMBA</b> Shawn, 55min 5.20 SPORTS HALL		<b>ZUMBA</b> Alondra, 55min 5.20 SPORTS HALL	<b>BARRE FIT</b> Lisa, 45min 5.05 DANCE STUDIO	<b>DANCE FIT</b> Sonia, 55min 5.20 SPORTS HALL				
Aerobic Studio	5.20	<b>PUMP</b> Alain, 55min	<b>RETRO DANCE FIT</b> Lisa, 45min	<b>HIIT</b> Mak, 45min	<b>PUMP</b> Alain, 55min	<b>X-FIT</b> Tom, 45min				
Spin Studio	5:30	<b>SPIN</b> Caitlin, 45min	<b>SPIN</b> Mike, 45min	<b>SPIN</b> Kelsey, 45min						
Aerobic Studio	6:30pm	<b>YOGA</b> Michaela, 55min	<b>TOTAL BODY</b> Sonia, 45min	<b>KICKBOX</b> KP, 45min	<b>POWER YOGA</b> Frank, 55min					



**SPORT AND RECREATION**

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



**COMING SOON**