

GROUP FITNESS

Summer Timetable - November 18 to December 15 2019

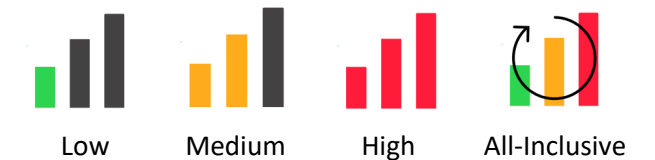
Studio	Time	MON	TUE	WED	THU	FRI	Studio	Time	SAT	SUN
Dance Studio Aerobic Studio	6.30am	Virtual HIIT 30min	Virtual Yogalates 30min	Virtual Core 30min	Virtual Total Body 30min	Virtual Yoga 55min	Aerobic Studio	8.30	PUMP Kristy, 55min	Virtual Total Body 30min
Aerobic Studio Spin Studio	7.20am	Virtual Yoga 55min AEROBIC STUDIO	TOTAL BODY Matt, 45min AEROBIC STUDIO	SPIN Matt, 45min SPIN STUDIO	PUMP Matt, 45min AEROBIC STUDIO	SPIN Matt, 45min SPIN STUDIO	Aerobic Studio	9:30	ZUMBA Alondra, 55min	YOGA-LATES Gaby, 55min
Dance Studio Aerobic Studio	9.05am	Virtual Total Body 30min	Virtual Stetch 30min	Virtual Core 30min	Virtual Yoga 30min	Virtual KickBox 40min	Aerobic Studio	10.30	Virtual Yoga 55min	Virtual Stetch 30min
Aerobic Studio	12:05	PUMP Matt, 45min	YOGA Emmy, 50min	BARRE FIT Lisa, 45min DANCE STUDIO	HIIT Kaya, 45min	PUMP Ella, 55min				
Aerobic Studio	1.05	YOGA Marcel, 50min	PUMP Kristy, 45min	HIIT Kaya, 45min	PILATES Ingrid, 45min	YOGA James, 50min				
Dance Studio Aerobic Studio	3.15	Virtual Barre 30min	Virtual HIIT 30min	Virtual Yoga 30min	Virtual Core 30min	Virtual Total Body 30min				
Aerobic Studio	4.15	Virtual HIIT 30min	Virtual Yogalates 30min	Virtual Total Body 30min	Virtual Stetch 30min	Virtual Yoga 30min				
Varies	5.20	ZUMBA Shawn, 55min SPORTS HALL		ZUMBA Alondra, 55min SPORTS HALL	BARRE FIT Lisa, 45min DANCE STUDIO	DANCE FIT Sonia, 55min SPORTS HALL				
Aerobic Studio	5.20	PUMP Alain, 55min	RETRO DANCE FIT Lisa, 45min	YOGA-LATES Lisa M, 45min	PUMP Alain, 55min	X-FIT Tom, 45min				
Spin Studio	5:30	SPIN Kelsey, 45min	SPIN Mike, 45min	SPIN Mike, 45min						
Aerobic Studio	6:30pm	YOGA Michaela, 55min	TOTAL BODY Sonia, 45min	Virtual KickBox 40min	POWER YOGA Frank, 55min	Virtual Core 30min				



SPORT AND RECREATION

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

Key: Intensity Level



FITNESS
ON DEMAND

Fitness On Demand, virtual fitness classes, over 100 classes to choose from. Available for personal use outside of scheduled classes, see reception for first time use.

= VIRTUAL CLASSES