

# GROUP FITNESS

Semester One - 16 April to 3 June.

Studio	Time	MON	TUE	WED	THU	FRI	Studio	Time	SAT	SUN
Aerobic and Dance Studio	6.30am	<b>VIRTUAL HIIT</b> 30min AEROBIC STUDIO	<b>POWER PILATES</b> Kaya, 45min DANCE STUDIO	<b>VIRTUAL BOXXHIIT</b> 30min AEROBIC STUDIO	<b>POWER UP</b> Kaya, 45min DANCE STUDIO	<b>VIRTUAL CORE</b> 30min AEROBIC STUDIO	Aerobic Studio	8.30	<b>PUMP</b> Kristy, 55min	<b>VIRTUAL PUMP</b> 35min
Aerobic Studio, Spin Studio, Dance	7.20am	<b>VIRTUAL YOGA BASIC</b> 55min AEROBIC STUDIO	<b>X-FIT</b> Samantha, 45min DANCE 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
Aerobic Studio	9.05		<b>RETRO AEROBICS</b> Lisa, 45min	<b>CORE</b> Kelly, 30min	<b>BARRE-LATES</b> Janete, 45min		Aerobic Studio	10:30	<b>VIRTUAL POWER YOGA</b> 35min	<b>VIRTUAL METABOLIC Conditioning</b> 30min
Aerobic Studio	12:05	<b>PUMP</b> Matt, 45min	<b>YOGA-LATES</b> Samantha, 45min	<b>YOGA</b> Chrissie, 55min	<b>HIIT &amp; Stretch</b> Alan, 45min	<b>PUMP</b> Ella, 55min				
Dance Or Spin Studio	12.15		<b>BARRE FIT</b> Lisa, 45min	<b>DANCE FIT &amp; CORE</b> Alondra, 45min	<b>SPIN</b> Tanya, 30min					
Aerobic Studio	1.05	<b>YOGA</b> Chris, 55min	<b>PUMP</b> Kristy, 45min	<b>HIIT</b> Kaya, 45min	<b>PILATES</b> Ingrid, 45min	<b>STEP</b> Ella, 45min				
Dance Studio Aerobic Studio	3.15	<b>BARRE FIT</b> Lisa, 45min	<b>VIRTUAL BODY BURN</b> 30min AEROBIC STUDIO	<b>VIRTUAL TOTAL SHRED</b> 30min AEROBIC STUDIO	<b>VIRTUAL KICKBOX</b> 35min AEROBIC STUDIO	<b>AB&amp;T</b> Kaya, 45min AEROBIC STUDIO				
Aerobic Studio	4.15	<b>X-FIT</b> Samantha, 45min	<b>YOGA</b> Samantha, 45min	<b>PUMP</b> Kelly, 45min	<b>STRETCH &amp; ROLL</b> Lisa, 35min DANCE STUDIO	<b>YOGA</b> Chris, 45min				
Sports Hall/ Dance Studio	5.15 or 5.20	<b>ZUMBA</b> Kate, 55min 5.20 SPORTS HALL		<b>ZUMBA</b> Alondra, 55min 5.20 SPORTS HALL	<b>BARRE FIT</b> Lisa, 55min 5.15 DANCE STUDIO	<b>DANCE FIT</b> Chris, 55min 5.20 SPORTS HALL				
Aerobic Studio	5.20	<b>PUMP</b> Alain, 55min	<b>KICKBOX</b> Sian, 45min	<b>AB&amp;T</b> Chris, 45min	<b>PUMP</b> Alain, 55min	<b>X-FIT</b> Tom, 45min				
Spin Studio	5:30	<b>SPIN</b> Chris, 45min	<b>SPIN</b> Mike, 45min	<b>SPIN</b> Albert, 45min						
Aerobic Studio	6:30pm	<b>YOGA</b> Chris, 55min	<b>PUMP</b> Chris, 55min	<b>KICKBOX</b> KP, 45min	<b>YOGA</b> Frank, 55min					

**Key: Intensity Level**

Low  
 Medium  
 High  
 All inclusive

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

**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