

# hello WINTER

## Group Fitness Timetable 3rd - 23rd July

Studio	Time	MON	TUE	WED	THU	FRI	Studio	Time	SAT	SUN
Spin OR Dance Studio	7.20am		<b>HIIT &amp; Stretch</b> Kaya, 45min DANCE STUDIO	<b>SPIN</b> Matt, 45min SPIN STUDIO	<b>STRONG</b> Alondra, 50min DANCE STUDIO	<b>SPIN</b> Matt, 45min SPIN STUDIO	Aerobic Studio	8:30	<b>PUMP</b> Kristy, 55min	<b>VIRTUAL PUMP</b> 35min
Aerobic Studio	9.05	<b>VIRTUAL POWER STEP</b> 35min		<b>VIRTUAL CORE</b> 35min		<b>VIRTUAL YOGA</b> 35min	Aerobic Studio	9:30	<b>ZUMBA</b> Alondra, 55min	<b>YOGA-LATES</b> Ally, 55min
Aerobic Studio	12:05	<b>PUMP</b> Matt, 45min	<b>PILATES</b> Ally, 45min	<b>YOGA</b> Kellie, 55min	<b>PILATES</b> Ingrid, 45min	<b>PUMP</b> Ella, 55min	<p><b>Key: Intensity Level</b></p> <p>Low (1 drop), Medium (2 drops), High (3 drops)</p> <p><b>FITNESS on demand.</b></p> <p>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.</p> <p> = VIRTUAL CLASSES</p>			
Aerobic Studio (SPIN in Spin Studio)	1.05	<b>YOGA</b> Felicity, 45min	<b>PUMP</b> Kristy, 45min	<b>SPIN</b> Therese, 30min Spin Studio	<b>AB&amp;T</b> Ingrid, 45min	<b>POWER STRETCH</b> Lisa, 35min				
Sports Hall/ Dance Studio	5.15 or 5.20			<b>ZUMBA</b> Alondra, 55min 5.20 SPORTS HALL	<b>BARRE FIT</b> Lisa, 55min 5.15 DANCE STUDIO	<b>ZUMBA</b> Silene, 55min 5.20 SPORTS HALL				
Aerobic Studio	5.20	<b>PUMP</b> Alain, 55min	<b>STRONG</b> Janete, 50min	<b>AB&amp;T</b> Ally, 45min	<b>PUMP</b> Alain, 55min	<b>X-FIT</b> Tom, 45min				
Spin Studio	5:30	<b>SPIN</b> Various, 45min	<b>SPIN</b> Mike, 45min	<b>SPIN</b> Kristy, 45min						
Aerobic Studio	6:30pm	<b>YOGA</b> Michaela, 55min	<b>PUMP</b> Belinda, 55min	<b>X-FIT</b> Emma, 45min	<b>YOGA</b> Frank, 55min	<b>VIRTUAL POWER YOGA</b> 35min				



**SPORT AND RECREATION**