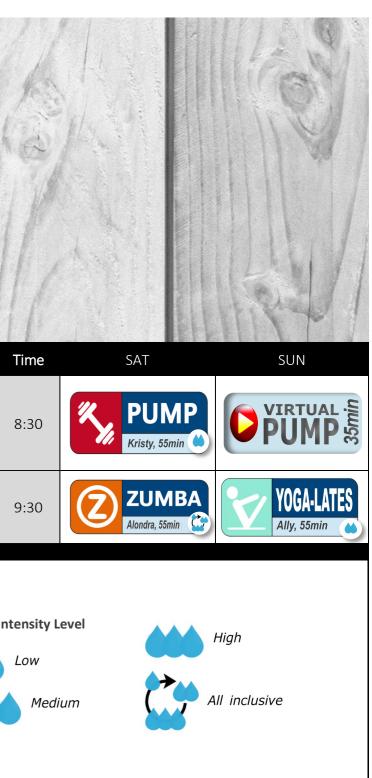


## Group Fitness Timetable 3rd - 23rd July

	111111	化四位 人名 夏陽 月秋					III III IIIIII	
Studio	Time	MON	TUE	WED	THU	FRI	Studio	
Spin OR Dance Studio	7.20am		HIIT & Stretch Kaya, 45min DANCE STUDIO	SPIN STUDIO	STRONG Alondra, 50min DANCE STUDIO	SPIN STUDIO	Aerobic Studio	
Aerobic Studio	9.05	VIRTUAL HUNG		VIRTUAL LE SUB		VIRTUAL -E	Aerobic Studio	
Aerobic Studio	12:05	PUMP   Matt, 45min (*)	PILATES Ally, 45min	YOGA Kellie, 55min	PILATES Ingrid, 45min	PUMP Ella, 55min	Кеу:	int
Aerobic Studio (SPIN in Spin Studio)	1.05	YOGA Felicity, 45min	PUMP   Kristy, 45min	Spin Studio	AB&T Ingrid, 45min	POWER STRETCH Lisa, 35min		
Sports Hall/ Dance Studio	5.15 or 5.20			ZUMBA Alondra, 55min	BARRE FIT Lisa, 55min	ZUMBA Silene, 55min		
Aerobic Studio	5.20	PUMP Alain, 55min	STRONG Janete, 50min	AB&T Ally, 45min	PUMP Alain, 55min	Tom, 45min	Fitne	
Spin Studio	5:30	SPIN Various, 45min	SPIN Mike, 45min	SPIN Kristy, 45min				
Aerobic Studio	6:30pm	YOGA Michaela, 55min	PUMP   Belinda, 55min	X-FIT Emma, 45min	YOGA Frank, 55min	D VIRTUAL -		*

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

**SPORT** 

**AND RECREATION** 



