

GROUP FITNESS

Semester 2 - July 24th to Sept 3rd

Studio	Time	MON	TUE	WED	THU	FRI	Studio	Time	SAT	SUN
Aerobic and Dance Studio	6.30am	VIRTUAL BOOT CAMP AEROBIC STUDIO	CORE Emma, 30min DANCE STUDIO	VIRTUAL POWER STEP AEROBIC STUDIO	STRONG Alondra, 45min DANCE STUDIO	VIRTUAL CORE AEROBIC STUDIO	Aerobic Studio	8.30	PUMP Kristy, 55min	VIRTUAL POWER STEP 35min
Aerobic, Dance Spin Studio	7.20am	VIRTUAL PUMP AEROBIC STUDIO	X-FIT Emma, 45min DANCE STUDIO	SPIN Matt, 45min SPIN STUDIO	STEP Ella, 45min AEROBIC STUDIO	SPIN Matt, 45min SPIN STUDIO	Aerobic Studio	9:30	ZUMBA Alondra, 55min	YOGA-LATES Ally, 55min
Aerobic Studio	9.05	STEP Ella, 45min		CORE Kelly, 30min		PUMP INTRO 8.30am Pump for beginners Matt, 30min	Aerobic Studio	10:30	VIRTUAL YOGA 30min	VIRTUAL PUMP 30min + STRETCH 15min
Aerobic Studio	12:05	PUMP INTRO 11.15am Pump for beginners Matt, 30min	PUMP Matt, 45min	PILATES Ally, 45min	YOGA Kellie, 55min	HIIT & Stretch Alan, 45min				
Dance Studio	12.15	SPIN Therese, 30min SPIN STUDIO	BARRE FIT Lisa, 45min DANCE STUDIO	KICKBOX Cristian, 45min DANCE STUDIO	AB&T Ingrid, 35min DANCE STUDIO					
Aerobic Studio (SPIN in Spin Studio)	1.05	YOGA Chris, 55min	PUMP Kristy, 45min	SPIN Tanya, 30min SPIN STUDIO	PILATES Ingrid, 45min	POWER STRETCH Lisa, 35min				
Dance Studio	3.20	BARRE FIT Lisa, 45min		HIIT & Stretch Kaya, 45min						
Aerobic Studio	4.20	X-FIT Kelly, 45min	KICKBOX Cristian, 45min	EXPRESS PUMP Kelly, 35min	YOGA-LATES Ally, 45min	YOGA Chris, 45min				
Sports Hall/ Dance Studio	5.15 or 5.20	ZUMBA Kate, 55min 5.20 SPORTS HALL		ZUMBA Alondra, 55min 5.20 SPORTS HALL	BARRE FIT Lisa, 55min 5.15 DANCE STUDIO	DANCE FIT Chris, 55min 5.20 SPORTS HALL				
Aerobic Studio	5.20	PUMP Alain, 55min	HIIT & CORE Kaya, 45min	AB&T Chris, 45min	PUMP Alain, 55min	X-FIT Tom, 45min				
Spin Studio	5:30	SPIN Chris, 45min	SPIN Mike, 45min	SPIN Albert, 45min						
Aerobic Studio	6:30pm	YOGA Chris, 55min	PUMP Chris, 55min	STRONG Janete, 50min	YOGA Frank, 55min	VIRTUAL POWER YOGA 35min				

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, 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