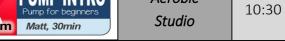
## GKOUP FITNESS

Semest	er 2	2 - July 24	4th to Sep	ot 3rd	Mil		
Studio	Time	MON	TUE	WED	THU	FRI	
Aerobic and Dance Studio	6.30am	VIRTUAL SE BOOT CAMP SE AEROBIC STUDIO	CORE Emma, 30min	POWER STEP &	STRONG Alondra, 45min DANCE STUDIO	VIRTUAL SECONDES AEROBIC STUDIO	
Aerobic, Dance Spin Studio	7.20am	VIRTUAL E PUMP & AEROBIC STUDIO	X-FIT Emma, 45min DANCE STUDIO	SPIN Matt, 45min SPIN STUDIO	STEP Ella, 45min AEROBIC STUDIO	SPIN STUDIO	
Aerobic Studio	9.05	STEP Ella, 45min PUMP INTRO		CORE Kelly, 30min		PUMP INTRO Pump for beginners  8.30am  Matt, 30min	
Aerobic Studio	12:05	Pump for beginners  Matt, 30min  PUMP  Matt, 45min	PILATES  Ally, 45min	YOGA Kellie, 55min	HIIT & Stretch Alan, 45min	PUMP Ella, 55min	
Dance Studio	12.15	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 STUDIO	PILATES Ingrid, 45min	POWER STRETCH Lisa, 35min	
Dance Studio	3.20	BARRE FIT Lisa, 45min		& 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	& 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	<b>PUMP</b>	STRONG	* YOGA	VIRTUAL -	

Chris, 55min



Studio

Aerobic

Studio

Aerobic

Studio

Aerobic

Time

8.30

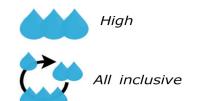
9:30

SAT

**ZUMBA** 

VIRTUAL YOGA 30min





SUN

POWER STEP &

Ally, 55min

VIRTUAL PUMP

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.







