

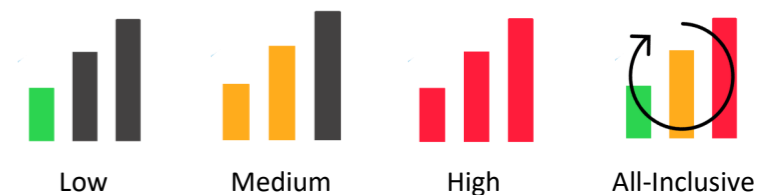
GROUP FITNESS

Semester Two - 16 July to 26 August.

Studio	Time	MON	TUE	WED	THU	FRI	Studio	Time	SAT	SUN
Aerobic and Dance Studio	6.30am	Virtual HIIT 30min AEROBIC STUDIO	POWER PILATES Kaya, 45min	Virtual Pump 30min AEROBIC STUDIO	TOTAL BODY Sonia, 45min	Virtual Yoga 30min AEROBIC STUDIO	Aerobic Studio	8.30	PUMP Kristy, 55min	Virtual Pump 30min
Aerobic Studio, Spin Studio, Dance	7.20am	Virtual KickBox 30min AEROBIC STUDIO	X-FIT Kaya, 45min	SPIN Matt, 45min	PUMP Matt, 45min	SPIN Matt, 45min	Aerobic Studio	9:30	ZUMBA Alondra, 55min	YOGA-LATES Gaby, 55min
Dance Studio Aerobic Studio	9.05	Virtual Core 30min	STRETCH & ROLL Lisa, 35min	CORE Kelly, 30min	POWER YOGA Samantha, 45min	Virtual KickBox 30min	Aerobic Studio	10:30	Virtual Yoga 30min	Virtual KickBox 30min
Aerobic Studio	12:05	PUMP Matt, 45min	YOGA-LATES Samantha, 45min	YOGA Chrissie, 55min	HIIT & Stretch Alan, 45min	PUMP Ella, 55min	<p>Classes FREE with membership, No bookings needed, just turn up, introduce yourself to our class instructor and have fun!</p> <p>Key: Intensity Level</p> <p>Low Medium High All-Inclusive</p>			
Dance Or Spin Studio	12.15		BARRE FIT Lisa, 45min	DANCE FIT & CORE Alondra, 45min	SPIN Tanya, 30min					
Aerobic Studio	1.05	YOGA Samantha, 55min	PUMP Kristy, 45min	HIIT Kaya, 45min	PILATES Ingrid, 45min	STEP Ella, 45min				
Dance Studio Aerobic Studio	3.15	BARRE FIT Lisa, 45min	Virtual HIIT 30min AEROBIC STUDIO	POWER PILATES Kaya, 45min	Virtual Core 30min AEROBIC STUDIO	TOTAL BODY Kaya, 45min				
Aerobic Studio	4.15	X-FIT Samantha, 45min	POWER YOGA Samantha, 45min	PUMP Kelly, 45min	STRETCH & ROLL Lisa, 35min	YOGA Samantha, 45min				
Sports Hall/ Dance Studio	varies	ZUMBA Kate, 55min 5.20 SPORTS HALL	RETRO DANCE FIT Lisa, 45min 5.05 DANCE STUDIO	ZUMBA Alondra, 55min 5.20 SPORTS HALL	BARRE FIT Lisa, 55min 5.15 DANCE STUDIO	DANCE FIT Sonia, 55min 5.20 SPORTS HALL				
Aerobic Studio	5.20	PUMP Alain, 55min	KICKBOX Sian, 45min	TOTAL BODY Sonia, 50min	PUMP Alain, 55min	X-FIT Tom, 45min				
Spin Studio	5:30	SPIN FIT Maggie, 35min	SPIN Mike, 45min	SPIN Albert, 45min						
Aerobic Studio	6:30pm	YOGA Michaela, 55min	TOTAL BODY Samantha, 50min	KICKBOX KP, 45min	POWER YOGA Frank, 55min	Virtual Core 30min				

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Key: Intensity Level



SPORT AND RECREATION



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