

GROUP FITNESS CLASSES

TIMETABLE

FROM 1
JULY 2024

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HEALTH CLUB	06:10	Nadine RPM	Bec HIIT	Nadine RPM		Hayley RPM Miki HIIT		
	07:00	Therese B Active Longer Circuit	Amber BODYPUMP		Charne BODYBALANCE			
	08:00	Terri BODYBALANCE	Charne Yoga	Therese DANCE		Terri B Active Longer Circuit		
	08:15						Brett HIIT	
	09:00	Terri BODYPUMP	Terri Step Tabata	Therese HIIT	Nadine RPM Terri BODYBALANCE	Kath Zumba Miki HIIT		
	10:00	Kath Zumba		Kath Zumba		Terri BODYPUMP	Myles Vinyasa	
	11:15	Therese B Active Longer		Therese B Active Longer		Brett B Active Longer		
	12:15		Miki HIIT		Miki HIIT			
	12:45				Brett Stretch			
	15:00							Myles Yin Yoga
	15:30	Miki Teen Gym	Terri Teen Gym	Hayley Teen Gym	Brett Teen Gym			
	16:30		Charne BODYBALANCE	Charne Yoga				
	17:30	Bec BODYSTEP Miki HIIT	Kath Zumba Terri HIIT	Brett Circuit Hayley HIIT	Charne Yoga Brett HIIT			

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.

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OUTDOOR	08:00	Bec B Active Longer		Terri B Active Longer Cardio				
	09:00				Bec Circuit			

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATICS	08:30	Therese Aqua Aerobics	Bec Aqua Aerobics	Amber Aqua Aerobics	Amber Aqua Aerobics	Amber Aqua Aerobics		
	09:30	Therese Aqua Aerobics				Amber Aqua Aerobics		
	10:00			Therese Aqua Aerobics				
	18:30				Therese Aqua Aerobics			

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