

GROUP FITNESS TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am Annette (45) BOX N FIRM	6am Annette (45) POWER CIRCUIT	6am Annette (45) CYCLE	6am Annette (60) OUTDOOR TRAINING	6am Anna(45) POWER CIRCUIT	6am Annette (60) RAW	10:10am Mary (60) CYCLE
9:10am Lindsey (50) ABS & BUTTS	9:30am Anna BODYFIRM	9:00am Lindsey (30) ABS & BUTTS	9:30am Michelle PILATES	9:15am Lindsey BODYFIRM	8:00am Joanna (30) EXPRESS CYCLE	10:30am Jane-Maree BODYFIRM
9:25am Annette (45) BIKE & BANDS	9:30am Annette BIKE & BANDS	9:30am Amanda BOX N FIRM	10:30am Michelle BODYFIRM	10:15am Lindsey POWER CIRCUIT	8:30am Joanna CYCLE	11:30am Jane-Maree PILATES
10:00am Lindsey BODYFIRM	10:30am Emily ZUMBA	9:30am Lindsey (55) CYCLE		11:15am Kate VINYASA YOGA	8:30am Anna BOX N FIRM	2:45pm Paula JAPANESE YOGA
11:00am Lindsey PILATES	11:30am Rebecca JAPANESE YOGA	10:30am Lindsey PILATES PROPS	5:30pm Deb PILATES	5:30pm Annette VINYASA YOGA	9:30am Joanna BODYFIRM	
5:00PM Lindsey BOOTY BARRE	4:30pm Lindsey ABS & BUTTS	11:30am Annette VINYASA YOGA	6:30pm Jean ZUMBA		10:30am Clare STRETCH N STRENGTH	
6:00pm Kristy (30) ABS & BUTTS	5:30pm Lindsey BOOTY BARRE	5:30pm Catriona BODYFIRM	7:30pm Kate VINYASA YOGA		11:30am Barbara ZUMBA	
6:00pm Annette (30) EXPRESS CYCLE	6:30 pm Kate VINYASA YOGA	6:30pm Deb PILATES			4:00pm Julie VINYASA YOGA	
6:30pm Kristy BODYFIRM	7:30pm Anna (45) POWER CIRCUIT	7:30pm Anna (45) BOX N FIRM				
7:30pm Barbara ZUMBA						

Closes 9PM

Closes 9PM

Closes 9PM

Closes 9PM

Closes 8PM

Closes 6PM

Closes 4PM