

GROUP FITNESS TIMETABLE

MAIN STUDIO						
TIME	MON	TUE	WED	THU	FRI	SAT
6.15 AM	POWERBAR	BOXING	LES MILLS BODYPUMP	FX30	CYCLE	
7:00 AM					PILATES	
8.15 AM						LES MILLS BODYPUMP
9.30 AM	LES MILLS BODYPUMP	PILATES	LES MILLS BODYPUMP	CYCLE	BOOT CAMP	FX30
10.45 AM	PILATES		BOXING	MIND AND BODY PILATES	POWERBAR	
12.00 PM	PURSUIT	PILATES	FX30	seniors gym	PILATES	
1.00 PM		seniors gym				
4.00 PM	ACTIVE TEENS	ACTIVE TEENS		ACTIVE TEENS		
5.30 PM	LES MILLS BODYPUMP	FX30	PILATES	LES MILLS BODYPUMP	BOXING	
6.30 PM	BOOT CAMP		FX30	STRETCH		

POOL						
TIME	MON	TUE	WED	THU	FRI	SAT
8:00 AM			GENTLE AQUA			
8.30 AM		DEEP AQUA			AQUA AEROBICS	
9.30 AM	AQUA AEROBICS	AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS
12.00 PM	GENTLE AQUA		GENTLE AQUA		GENTLE AQUA	
5.30 PM		DEEP AQUA	AQUA AEROBICS	DEEP AQUA		

UPCOMING PUBLIC HOLIDAYS				
DAY	DATE	OPENING HOURS	CLASS TIME	CLASS
LABOUR DAY	MONDAY 7 TH OCTOBER	9:00AM - 6:00PM	NO CLASSES	