

Group Fitness Timetable

STUDIO ONE

MONDAY

9.30am - 10.25am	20 - 20 - 20
10.30am - 11.25am	Yoga/Core Energy
11.30am - 12.15pm	Fit 'n' Fifty
1.00pm - 1.55pm	Pilates
5.30pm - 6.25pm	Body Conditioning
6.30pm - 7.25pm	Step Aerobics
7.30pm - 8.25pm	Circuit Training
8.00pm - 8.55pm	AquaFit (Trainer Pool)
NEW 8.30pm - 9.25pm	Body Blast

TUESDAY

9.30am - 10.55am	Aerobics/Body Conditioning
11.00am - 11.55am	Yoga (Beginners)
1.00pm - 1.55pm	Body Pump
2.00pm - 2.45pm	Gentle Aerobics
5.45pm - 6.25pm	Aerobics
6.30pm - 7.25pm	Body Combat
7.30pm - 8.25pm	Bootcamp

WEDNESDAY

9.30am - 10.25am	Bootcamp
NEW 10.30am - 11.25am	Yoga
1.15pm - 1.55pm	Zumba
5.45pm - 6.25pm	Body Conditioning
6.30pm - 7.25pm	Step Aerobics (Int/Adv)
7.00pm - 7.55pm	AquaFit (Trainer Pool)
7.30pm - 8.25pm	Body Pump
8.30pm - 9.25pm	Circuit Training

THURSDAY

9.30am - 10.25am	Body Conditioning
10.30am - 11.25am	Body Balance
12.45pm - 1.40pm	50+ Yoga
2.00pm - 2.45pm	Fit 'n' Fifty
6.00pm - 6.55pm	Bootcamp
7.00pm - 7.55pm	20 - 20 - 20
8.00pm - 8.55pm	Torso Training

FRIDAY

9.30am - 10.25am	Aerobics
10.30am - 11.55am	Yoga
12.00pm - 12.55pm	Pilates
1.00pm - 1.55pm	Body Pump
5.00pm - 5.55pm	Core Ball
6.00pm - 6.55pm	Body Pump
7.00pm - 7.55pm	Body Combat

SATURDAY

9.00am - 9.55am	Body Pump
10.00am - 10.55am	Body Combat
11.30am - 12.25pm	Fit to Be Mum

SUNDAY

9.30am - 10.25am	Body Blast
10.30am - 11.25am	Body Pump
6.00pm - 6.55pm	Zumba
7.00pm - 7.55pm	AquaFit (Trainer Pool)
7.00pm - 8.25pm	Yoga

STUDIO TWO

MONDAY

6.30am - 7.25am	Early Birds Spinning
9.30am - 10.15am	Begin To Spin
10.30am - 11.25am	Spinning
4.00pm - 4.55pm	Street Dance (Junior Class)
5.45pm - 6.40pm	Spinning
7.00pm - 7.55pm	Body Balance

TUESDAY

10.30am - 11.25am	Spinning
5.45pm - 6.40pm	Spinning
7.00pm - 7.55pm	Zumba
8.30pm - 9.25pm	Yoga

WEDNESDAY

6.30am - 7.25am	Spinning & Abs
9.30am - 10.15am	Begin To Spin
10.30am - 11.25am	Spinning
5.45pm - 6.40pm	Spinning
7.00pm - 7.55pm	Spinning

THURSDAY

10.30am - 11.25am	Spinning
5.45pm - 6.40pm	Spinning

FRIDAY

6.30am - 7.25am	Yoga
10.30am - 11.25am	Spinning
1.30pm - 2.25pm	Spinning
4.00pm - 4.55pm	Street Dance (Junior Class)
5.00pm - 5.55pm	Pilates (All Levels)
6.00pm - 6.55pm	Step Aerobics (Int / Adv)

SATURDAY

9.00am - 9.45am	Spinning
10.00am - 10.55am	Spinning

SUNDAY

5.45pm - 6.40pm	Legs, Bums & Tums
7.00pm - 7.55pm	Street Dance (16+)

All classes are non transferable and non refundable

We reserve the right to change this timetable. **expressions** members receive unlimited classes as part of their membership.

All members/centre users are responsible for their own bookings.
The centre will not accept bookings from a third party.



online
booking
available
now