

# Group Fitness Timetable

Commencing Monday 9th February

GROUP FITNESS STUDIO		MON	TUE	WED	THU	FRI	SAT	SUN
	6.30am	V Body Pump	V Body Combat	V Body Balance	V Grit (strength)	V Body Balance		
	8.00am	Strong Movers	V Body Balance	Strong Movers	V Body Pump	Strong Movers		
	8.15am					V Body Balance		V Body Balance
	9.30am	Mat Pilates	V Body Combat	Strength		Mat Pilates	V Body Pump	V Body Pump
	9.45am				Stretch & Release			
	10.45am	Mums & Bubs (11am)	V Body Balance	Tai Chi		Tai Chi	V Core	V Core
	12.15pm	V Body Balance	V Grit (Athletic)	V Core	V Body Pump	V Body Combat		
	5.00pm	V Body Attack		V Body Pump				
	5.30pm		V Core		V Grit (strength)	V Body Balance	V Dance	V Body Balance
	6.00pm	V Body Pump		V Body Balance				
	6.30pm		Body Step		Body Pump	V Body Pump	V = Virtual To request a class outside of these times please see reception.	
	7.00pm	Body Balance		V Core				
	7.30pm		V Grit (Athletic)		V Body Balance			

CYCLE STUDIO		MON	TUE	WED	THU	FRI	SAT	SUN
	7.00am		V RPM		V The Trip	V Sprint		
	8.00am		V Sprint		V RPM	V RPM		
	8.15am	V Sprint						V Sprint
	9.30am	V RPM	RPM			Coach by Color	V RPM	V RPM
	10.45am		V The Trip				V Sprint	V RPM
	11.45am		V Sprint	V RPM	V Sprint	V RPM	V The Trip	V Sprint
	4.30pm	V Sprint	V RPM	V The Trip			V Sprint	V RPM
	5.00pm				V The Trip	V Sprint	V RPM	V The Trip
	6.00pm				V RPM	V The Trip		
	7.00pm	V RPM	V RPM		V Sprint	V RPM		
	7.30pm			V Sprint				

GYM SPACE		MON	TUE	WED	THU	FRI	SAT	SUN
	6.00am	Relentless			Relentless			
	9.30am							
	6.00pm	Relentless				Relentless		

AQUA		MON	TUE	WED	THU	FRI	SAT	SUN
	8.15am	AQUA Movers	*	AQUA Movers	AQUA Movers	AQUA Movers	AQUA Workout	
	9.15am	AQUA Movers		AQUA Movers	*	AQUA Movers		
	12.30pm		Gentle AQUA			Gentle AQUA		
	12.45pm			Gentle AQUA	Gentle AQUA			
	1.30pm		Gentle AQUA				*Note: AQUA Movers Tue 8.15am and Thu 9.15am Suspended Temporarily	
	7.30pm		AQUA Workout		AQUA Workout			

