



GROUP FITNESS CLASS TIMETABLE

TERM 3 : MONDAY 22 APRIL 2024 - WEDNESDAY 5 JUNE 2024

MONDAY

12.30-13.15	PILATES (SALLY)	STUDIO 3
12.30-13.15	SPIN 45 (FRASER)	SPIN STUDIO
17.15-18.00	YOGA (MOJGAN)	STUDIO 3
17.15-18.00	BODYPUMP (SUSAN)	STUDIO 1
17.30-18.15	SPIN & TONE (LEILA)	SPIN STUDIO
18.15-19.00	ZUMBA (SILVIA)	STUDIO 3
18.15-19.00	BODYCOMBAT (GREG)	STUDIO 1
18.30-19.00	SPIN 30 (LEILA)	SPIN STUDIO

TUESDAY

07.30-08.15	SPIN 45 (SCOTT)	SPIN STUDIO
10.30-11.15	YOGA (BECKY)	STUDIO 3
12.30-13.15	YOGA (KATE)	STUDIO 3
12.30-13.15	BODYPUMP (SCOTT)	STUDIO 1
12.30-13.15	SPIN & TONE (LEILA)	SPIN STUDIO
17.15-18.00	BARRE (ANNA)	STUDIO 3
17.15-18.00	BODYPUMP (NINA)	STUDIO 1
17.30-18.00	ZUMBA (ALESSANDRA)	STUDIO 4
18.15-19.00	ATHLETICS YOGALATES (CLAIRE)	STUDIO 3
19.05-19.35	SPIN 30 (CLAIRE)	SPIN STUDIO

WEDNESDAY

07.30-08.15	YOGA (MOJGAN)	STUDIO 3
12.15-13.00	ZUMBA (SILVIA)	STUDIO 1
12.30-13.15	PILATES (SALLY)	STUDIO 3
12.30-13.15	SPIN 45 (CLAIRE)	SPIN STUDIO
17.15-18.00	YOGA (EVIE)	STUDIO 3
17.00-17.30	SPIN 30 (SCOTT)	SPIN STUDIO
17.40-18.25	BODYPUMP (SCOTT)	STUDIO 1
18.30-18.55	CORE (SCOTT)	STUDIO 1
18.15-18.45	BARRE (ANNA)	STUDIO 3
19.00-19.45	STRONG NATION	STUDIO 1
19.00-19.45	YOGALATES (SARAH)	STUDIO 3

THURSDAY

07.30-08.00	SPIN 30 (SCOTT)	SPIN STUDIO
10.30-11.15	YOGA (AMY)	STUDIO 3
12.30-13.15	YOGA (EVIE)	STUDIO 3
12.30-13.15	CONDITIONING (SCOTT)	STUDIO 1
16.30-17.15	SPIN & TONE (LEILA)	SPIN STUDIO
16.40-17.25	BARRE (ANNA)	STUDIO 3
17.30-18.00	BOXFIT (LEILA)	STUDIO 1
17.30-18.15	YOGALATES (CLAIRE)	STUDIO 3
18.20-19.05	BODYPUMP (NINA)	STUDIO 1
18.30-19.00	SPIN 30 (CLAIRE)	SPIN STUDIO

FRIDAY

07.30-08.00	SPIN 30 (SCOTT)	SPIN STUDIO
12.15-12.50	SPIN 35 (FRASER)	SPIN STUDIO
12.30-13.15	BODYPUMP (PAULINE)	STUDIO 1
12.30-13.15	YOGA (STEVE)	STUDIO 3
17.15-18.00	YOGA (KATE)	STUDIO 3
17.30-18.00	SPIN 30 (SARAH)	SPIN STUDIO
18.15-19.00	YOGALATES (SARAH)	STUDIO 3

SATURDAY

09.30-10.00	SPIN 30 (SCOTT)	SPIN STUDIO
10.15-11.00	BODYPUMP (SCOTT)	STUDIO 1
11.05-11.35	STRETCH 30 (SCOTT)	STUDIO 1
17.30-18.15	YOGA (ELLIE)	STUDIO 3

SUNDAY

09.30-10.15	SPIN & TONE (LEILA)	SPIN STUDIO
10.30-11.00	CORE (LEILA)	STUDIO 3
11.15-12.00	YOGA (EVIE)	STUDIO 3
17.00-17.30	SPIN 30 (SHERYL)	SPIN STUDIO
17.45-18.15	CORE (SHERYL)	STUDIO 1



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