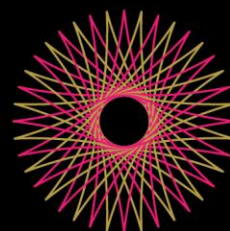


# GROUP EXERCISE



**Oriam**  
HEALTH AND FITNESS

## Oriam Timetable 4 June - 3 Sept (04/06)

MONDAY	CLASS	VENUE
07:15 - 07:45	360 CIRCUIT	GYM
08:00 - 08:45	YOGA - Moira	STUDIO 1
09:30 - 10:30	Active Living - Colleen	STUDIO 1
12:15- 13:00	YIN YOGA - Emma	STUDIO 2
12:15 - 13:15	BODY PUMP - Claire	STUDIO 1
12:30 - 13:00	BOOT CAMP - Outdoor (from 25 <sup>th</sup> June)	GARDEN
17:00 - 17:45	RPM - Claire	STUDIO 2
17:30 - 18:15	BODY COMBAT - Carrie	STUDIO 1
18:15 - 19:15	BODY BALANCE - Laura	STUDIO 2
18:20 - 19:20	BODY PUMP - Claire	STUDIO 1
19:20 - 19:50	LBT - Claire	STUDIO 2
TUESDAY	CLASS	VENUE
07:15 - 07:45	360 CIRCUIT	GYM
08:00 - 08:45	YOGA - Moira	STUDIO 2
08:00 - 08:30	GRIT CARDIO - Lindsay	STUDIO 1
09:30 - 10.30	BODY PUMP - Danny	STUDIO 1
12:15 -13:00	ZUMBA - Carrie	STUDIO 1
12:15 - 13:00	YOGA - Moira	STUDIO 2
12:30 - 13:00	BLUESKY OUTDOOR	GYM
13:00 - 14:00	PILATES - Lesley	STUDIO 1
16:30 - 17:30	BODY PUMP - Danny	STUDIO 1
17:35-18:05	GRIT CARDIO - Danny	STUDIO 1
18:15-19:15	SPIN - Tracy	STUDIO 2
18:30- 19:30	PILATES INTER - Lesley	STUDIO 1
WEDNESDAY	CLASS	VENUE
07:15 - 07:45	360 CIRCUIT	GYM
07:30 - 08:15	BODY PUMP - Christine	STUDIO 1
08:00 - 08:45	PIYO - Sarah	STUDIO 2
10:00 - 10:45	Mum & Baby - Block Course from July	STUDIO 1
12:00 - 12:45	LBT - Claire	STUDIO 2
13:00 - 14:00	YOGA - Emma	STUDIO 1
13:00 - 14:00	SPIN - Dale	STUDIO 2
17:20 - 18:20	BODY Combat -Michele	STUDIO 1
18:30 - 19:15	BODY PUMP - Danny	STUDIO 1
19:20 - 19:50	GRIT PLYO - Danny	STUDIO 1

THURSDAY	CLASS	VENUE
08:00 - 08:45	YOGA -Moirra	STUDIO 1
07:15 - 07:45	KETTLEBELL CIRCUIT	GYM
09:30 - 10:30	Active Living - Katrina	STUDIO 1
12:00 - 12:30	CORE - Gym Staff	STUDIO 2
12:30 - 13:00	GRIT MIX - Lindsay	STUDIO 1
13:00 - 14:00	PILATES - Katie	STUDIO 2
17:00 - 17:30	BODY COMBAT - Claire	STUDIO 1
16:45 - 17:45	RPM - Katrina	STUDIO 2
17:30 - 18:30	BODY PUMP - Claire	STUDIO 1
18:00 - 18:30	CORE - Katrina	STUDIO 2
18:30 - 19:15	Boxing Circuit - Danny	STUDIO 1
19.30 - 20.15	Bump Class - Block Course from July	Studio 1
FRIDAY	CLASS	VENUE
07:15 - 08:15	Body Balance -Christine	STUDIO 2
07:15 - 07:45	360 CIRCUIT	GYM
08:00 - 08:30	GRIT MIX - Lindsay	STUDIO 1
09:30 - 10:00	CORE - Gym Staff	GYM
12:00 - 12:45	RPM - Claire	STUDIO 2
13:05 - 13:50	YOGA - Moira	STUDIO 1
16:30 - 17:15	BODY PUMP - Claire	STUDIO 1
17:20 - 18:05	BODY COMBAT - Claire	STUDIO 1
18:00 - 18:30	360 CIRCUIT	GYM
SATURDAY	CLASS	VENUE
08:30 - 09:30	Pilates - Colleen	STUDIO 1
09: 40 - 10:40	Body Pump - Danny	STUDIO 1
10:45 - 11:45	SPIN - Rob	STUDIO 2
10.30 - 11.00	Gym Floor Circuit	GYM
11:15 - 11:45	CORE	GYM
11:45 - 12:15	BLUESKY	GYM
SUNDAY	CLASS	VENUE
09:15 - 10:15	CYCLE FIT - Tracy	STUDIO 2
10:00 - 10:30	360 CIRCUIT	GYM
10:15 - 11:15	BODY PUMP - Michele	STUDIO 1
11:20 - 12:20	BODY BALANCE -Michele	STUDIO 1
17:30 - 18.30	MASTERCLASS	GYM

Key : Class in Blue denotes Juniors over 13 can attend.