

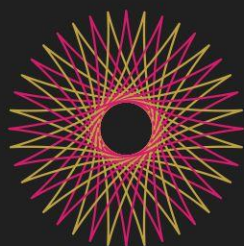
GROUP EXERCISE

7th Jan -

31st March 2019

<u>MONDAY</u>	<u>CLASS</u>	<u>VENUE</u>	<u>THURSDAY</u>	<u>CLASS</u>	<u>VENUE</u>
07:15 - 07:45	CIRCUITS *	GYM	07:15 - 07:45	KETTLEBELLS	GYM
08:00 - 08:50	YOGA - Moira	STUDIO 1	08:00 - 08:50	YOGA - Moira	STUDIO 2
09:30 - 10:30	ACTIVE LIVING - Colleen	STUDIO 1	09:30 - 10:30	ACTIVE LIVING - Katrina	STUDIO 1
12:15 - 13:00	YIN YOGA - Emma W	STUDIO 2	12:00 - 12:30	CXWORX - Danny	STUDIO 2
12:15 - 13:00	BODYPUMP - Claire	STUDIO 1	12:30 - 13:00	GRIT STRENGTH - Lindsay	STUDIO 1
13:00 - 13:30	GRIT CARDIO - Danny	STUDIO 1	12:30 - 13:00	CIRCUITS *	GYM
16:30 - 17:00	GRIT PLYO - Lindsay	STUDIO 1	13:00 - 14:00	PILATES - Katie	STUDIO 2
17:00 - 17:45	RPM - Claire *	STUDIO 2	16:45 - 17:30	BODYCOMBAT - Claire *	STUDIO 1
17:30 - 18:15	BODYCOMBAT - Carrie *	STUDIO 1	17:00 - 17:45	RPM - Katrina *	STUDIO 2
18:15 - 19:15	BODYBALANCE - Laura	STUDIO 2	17:30 - 18:30	BODYPUMP - Claire	STUDIO 1
18:20 - 19:20	BODYPUMP - Claire	STUDIO 1	18:00 - 18:30	CIRCUITS *	GYM
18:40 - 19:10	MOTIVATIONAL MON	GYM	18:00 - 19:00	PILATES/CORE - Katrina	STUDIO 2
19:20 - 19:50	LBT - Claire *	SQUASH 8	18:40 - 19:10	TABATA THUR	GYM
19:20 - 20:20	MUM & BUMP - Sarah	STUDIO 2	19:05 - 19:35	BARRE - Sammi *	STUDIO 2
<u>TUESDAY</u>	<u>CLASS</u>	<u>VENUE</u>	<u>FRIDAY</u>	<u>CLASS</u>	<u>VENUE</u>
07:15 - 07:45	KETTLEBELLS	GYM	07:15 - 07:45	CIRCUITS *	GYM
08:00 - 08:30	GRIT CARDIO - Lindsay *	STUDIO 1	08:00 - 08:30	GRIT MIX - Lindsay	STUDIO 1
08:00 - 08:50	YOGA - Moira	STUDIO 2	09:30 - 10:00	CORE *	GYM
09:30 - 10:30	BODYPUMP - Danny	STUDIO 1	09:30 - 10:15	MUM & BABY - Sarah	STUDIO 1
12:15 - 13:00	ZUMBA - Carrie *	STUDIO 1	12:00 - 12:45	RPM - Claire *	STUDIO 2
12:15 - 13:05	YOGA - Moira	STUDIO 2	12:30 - 13:00	GRIT MIX - Lindsay	STUDIO 1
12:30 - 13:00	CORE *	GYM	13:05 - 13:55	YOGA - Moira	STUDIO 2
13:00 - 14:00	PILATES - Katie	STUDIO 1	16:30 - 17:15	BODYPUMP - Claire	STUDIO 1
16:30 - 17:30	BODYPUMP - Danny	STUDIO 1	17:20 - 18:05	BODYCOMBAT - Claire *	STUDIO 1
17:35 - 18:05	GRIT CARDIO - Danny *	STUDIO 1	18:00 - 18:30	CIRCUITS *	GYM
18:15 - 19:15	SPIN - Tracy	STUDIO 2	18:40 - 19:10	FUNCTIONAL FRI	GYM
18:00 - 18:30	CIRCUITS *	GYM			
18:30 - 19:30	PILATES INT - Angela	STUDIO 1	<u>SATURDAY</u>	<u>CLASS</u>	<u>VENUE</u>
18:40 - 19:10	TONING TUE	GYM	08:30 - 09:30	PILATES - Colleen	STUDIO 1
			09:00 - 09:30	GRIT CARDIO - Danny *	STUDIO 2
			09:40 - 10:40	BODYPUMP - Danny	STUDIO 1
			10:30 - 11:00	CIRCUITS *	GYM
			11:05 - 11:35	CORE *	GYM
			12:30 - 13:00	STRENGTH SAT	GYM
			<u>SUNDAY</u>	<u>CLASS</u>	<u>VENUE</u>
			09:15 - 10:15	CYCLE FIT - Tracy	STUDIO 2
			10:00 - 10:30	CIRCUITS *	GYM
			10:15 - 11:15	BODYPUMP - Michele	STUDIO 1
			11:20 - 12:20	BODYBALANCE - Michele	STUDIO 1
			10:45 - 11:15	SUPERSET SUN	GYM
<u>WEDNESDAY</u>	<u>CLASS</u>	<u>VENUE</u>			
07:15 - 07:45	CIRCUITS *	GYM			
08:00 - 08:45	PIYO - Sarah	STUDIO 2			
10:00 - 10:45	MUM & BABY - Sarah	STUDIO 1			
12:00 - 12:30	CXWORX - Danny	STUDIO 1			
12:00 - 12:45	LBT - Claire *	STUDIO 2			
12:30 - 13:00	CIRCUITS *	GYM			
13:00 - 14:00	YOGA - Emma W	STUDIO 1			
13:00 - 14:00	SPIN - Dale	STUDIO 2			
17:20 - 18:20	BODY COMBAT - Danny	STUDIO 1			
18:00 - 18:30	CIRCUITS *	GYM			
18:30 - 19:15	BODYPUMP - Danny	STUDIO 1			
18:40 - 19:10	WEIGHTLESS WED	GYM			
19:20 - 19:50	GRIT PLYO - Danny	STUDIO 1			

KEY: Classes with pink asterisk denotes juniors 13+ can attend.



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