



HEALTH & FITNESS

GROUP EXERCISE: September 6th – December 5th, 2021

<u>MONDAY</u>	<u>CLASS</u>	<u>VENUE</u>	<u>THURSDAY</u>	<u>CLASS</u>	<u>VENUE</u>
07:15 – 07:45	CIRCUITS* - Fitness	GYM FLOOR	07:15 – 07:45	CIRCUITS* - Fitness	GYM FLOOR
09:30 – 10:00	SKI,BIKE,ROW - Fitness	GYM FLOOR	09:30 – 10:45	BARBELL - Danny	STUDIO 1
12:15 – 13:00	YIN YOGA* - Moira	STUDIO 1	12:15 – 13:00	X-FIT - Danny	STUDIO 1
12:00 – 13:00	TOTAL BODY - Claire	STUDIO 2	17:30 – 18:00	CIRCUITS* - Fitness	GYM FLOOR
17:30 – 18:00	CIRCUITS* - Fitness	GYM FLOOR	18:15 – 18:35	CORE* - Fitness	GYM FLOOR
18:00 – 18:30	CYCLE FIT* - Danny	CYCLE STUDIO			
18:15 – 18:35	CORE* - Fitness	GYM FLOOR	<u>FRIDAY</u>	<u>CLASS</u>	<u>VENUE</u>
18:45 – 19:30	BARBELL - Danny	STUDIO 1	07:15 – 07:45	CIRCUITS* - Fitness	GYM FLOOR
			08:30 – 09:15	YOGA* - Moira	STUDIO 1
<u>TUESDAY</u>	<u>CLASS</u>	<u>VENUE</u>	09:30 – 10:15	CYCLE FIT* - Danny	CYCLE STUDIO
07:15 – 07:45	CIRCUITS* - Fitness	GYM FLOOR	12:00 – 12:45	BARBELL - Claire	STUDIO 1
09:30 – 10:00	CORE* - Fitness	STUDIO 2	12:15 – 13:00	PILATES - Angela K	STUDIO 2
12:15 – 13:00	ZUMBA* - Angela G	STUDIO 1	17:30 – 18:00	CIRCUITS* - Fitness	GYM FLOOR
12:00 – 12:45	CYCLE FIT* - Claire	CYCLE STUDIO	18:15 – 18:35	CORE* - Fitness	GYM FLOOR
17:30 – 18:00	CIRCUITS* - Fitness	GYM FLOOR			
18:00 – 18:30	CYCLE FIT - Tracy	CYCLE AREA	<u>SATURDAY</u>	<u>CLASS</u>	<u>VENUE</u>
18:15 – 18:35	CORE* - Fitness	GYM FLOOR	08:30 – 09:00	CIRCUITS* - Fitness	GYM FLOOR
18:45 – 19:30	PILATES - Angela K	STUDIO 1	09:30 – 10:15	PILATES - Angela K	STUDIO 1
<u>WEDNESDAY</u>	<u>CLASS</u>	<u>VENUE</u>			
07:15 – 07:45	CIRCUITS* - Fitness	GYM FLOOR	<u>SUNDAY</u>	<u>CLASS</u>	<u>VENUE</u>
09:30 – 10:00	BARBELL - Fitness	STUDIO 1	08:30 – 09:00	CIRCUITS* - Fitness	GYM FLOOR
12:00 – 12:45	CYCLE FIT* - Dale	CYCLE STUDIO	09:15 – 10:00	CYCLE FIT - Tracy	CYCLE STUDIO
12:15 – 13:00	YOGA* - Moira	STUDIO 1			
17:30 – 18:00	CIRCUITS* - Fitness	GYM FLOOR			
18:00 – 18:30	CYCLE FIT* - Danny	CYCLE STUDIO			
18:15 – 18:35	CORE* - Fitness	GYM FLOOR			
18:45 – 19:30	X-FIT - Danny	STUDIO 1			

*Denotes classes that juniors +13 can attend.