



HEALTH & FITNESS

GROUP EXERCISE: Friday 3rd Dec – Friday 10th Dec

Graduation Temporary Timetable

FRIDAY 3RD

CLASS	VENUE
07:15 – 07:45	CIRCUITS* - Fitness
08:30 – 09:15	YOGA* - Moira
09:30 – 10:15	CYCLE FIT* - Danny
12:00 – 12:30	CIRCUITS - Fitness
12:15 – 13:00	PILATES - Angela K
17:30 – 18:00	CIRCUITS* - Fitness
18:15 – 18:35	CORE* - Fitness

SATURDAY 4TH

CLASS	VENUE
08:30 – 09:00	CIRCUITS* - Fitness
09:30 – 10:15	PILATES - Angela K

SUNDAY 5TH

CLASS	VENUE
08:30 – 09:00	CIRCUITS* - Fitness
09:15 – 10:00	CYCLE FIT - Tracy

MONDAY 6TH

CLASS	VENUE
07:15 – 07:45	CIRCUITS* - Fitness
12:15 – 13:00	YIN YOGA* - Moira
12:00 – 12:30	CIRCUITS - Fitness
17:30 – 18:00	CIRCUITS* - Fitness
18:00 – 18:30	CYCLE FIT* - Danny
18:15 – 18:35	CORE* - Fitness
18:45 – 19:30	BARBELL - Danny

TUESDAY 7TH

CLASS	VENUE
07:15 – 07:45	CIRCUITS* - Fitness
09:30 – 10:00	CORE* - Fitness
12:15 – 13:00	ZUMBA* - Angela G
17:30 – 18:00	CIRCUITS* - Fitness
18:00 – 18:30	CYCLE FIT - Tracy
18:15 – 18:35	CORE* - Fitness
18:45 – 19:30	PILATES - Angela K

WEDNESDAY 8TH

CLASS	VENUE
07:15 – 07:45	CIRCUITS* - Fitness
09:30 – 10:00	CORE - Fitness
12:15 – 13:00	YOGA* - Moira
17:30 – 18:00	CIRCUITS* - Fitness
18:00 – 18:30	CYCLE FIT* - Danny
18:15 – 18:35	CORE* - Fitness
18:45 – 19:30	X-FIT - Danny

THURSDAY 9TH

CLASS	VENUE
07:15 – 07:45	CIRCUITS* - Fitness
09:30 – 10:00	CIRCUITS - Fitness
12:15 – 12:45	CIRCUITS - Fitness
17:30 – 18:00	CIRCUITS* - Fitness
18:15 – 18:35	CORE* - Fitness

FRIDAY 10TH

CLASS	VENUE
07:15 – 07:45	CIRCUITS* - Fitness
08:30 – 09:15	YOGA* - Moira
09:30 – 10:15	CYCLE FIT* - Danny
12:00 – 12:30	CIRCUITS - Fitness
12:15 – 13:00	PILATES - Angela K
16:00 – 16:30	CIRCUITS - Fitness

*Denotes classes that juniors +13 can attend.