



# HEALTH & FITNESS

## Group Exercise Timetable

### MONDAY

<u>TIME</u>	<u>CLASS</u>	<u>VENUE</u>
07:15 – 07:45	CIRCUITS* - Fitness	GYM
12:15 – 13:00	BODY PUMP - Claire	STUDIO 1
12:15 – 13:00	YIN YOGA* - Moira	STUDIO 2
17:05 – 17:50	BODY PUMP - Lee	STUDIO 1
17:30 – 18:00	CIRCUITS* - Fitness	GYM
18:00 – 18:30	CYCLE FIT* - Lee	CYCLE
18:00 – 18:30	GRIT CARDIO - Natalie	STUDIO 1
18:10 – 18:30	CORE* - Fitness	GYM
18:45 – 19:30	BODY COMBAT - Natalie	STUDIO 1

### TUESDAY

<u>TIME</u>	<u>CLASS</u>	<u>VENUE</u>
07:15 – 07:45	CIRCUITS* - Fitness	GYM
09:30 – 10:15	BODY PUMP - Natalia	STUDIO 1
12:15 – 13:00	CYCLE FIT* - Claire	CYCLE
12:15 – 13:00	ZUMBA* - Frances	STUDIO 1
17:30 – 18:00	CIRCUITS* - Fitness	GYM
17:30 – 18:15	BODY COMBAT - Steph	STUDIO 1
18:00 – 18:30	CYCLE FIT - Tracy	CYCLE
18:10 – 18:30	CORE* - Fitness	GYM
18:45 – 19:30	PILATES - Angela K	STUDIO 1

### WEDNESDAY

<u>TIME</u>	<u>CLASS</u>	<u>VENUE</u>
07:15 – 07:45	CIRCUITS* - Fitness	GYM
09:30 – 10:15	CYCLE FIT - Daire	CYCLE
12:15 – 13:00	ZUMBA - Rachel	STUDIO 1
12:15 – 13:00	YOGA* - Moira	STUDIO 2
17:30 – 18:00	CIRCUITS* - Fitness	GYM
18:00 – 18:30	GRIT STRENGTH - Natalie	STUDIO 1
18:45 – 19:30	BODY COMBAT - Natalie	STUDIO 1

### THURSDAY

<u>TIME</u>	<u>CLASS</u>	<u>VENUE</u>
07:15 – 07:45	CIRCUITS* - Fitness	GYM
09:30 – 10:15	BODY PUMP - Danny	STUDIO 1
12:15 – 13:00	BODY COMBAT - Danny	STUDIO 1
17:30 – 18:00	CIRCUITS* - Fitness	GYM
17:30 – 18:15	BODY COMBAT - Steph	STUDIO 1
18:10 – 18:30	CORE* - Fitness	GYM

### FRIDAY

<u>TIME</u>	<u>CLASS</u>	<u>VENUE</u>
07:15 – 07:45	CIRCUITS* - Fitness	GYM
08:30 – 09:15	YOGA* - Moira	STUDIO 1
12:15 – 13:00	BODY PUMP - Claire	STUDIO 1
12:15 – 13:00	PILATES - Angela K	STUDIO 2
17:45 – 18:15	CIRCUITS* - Fitness	GYM
18:20 – 18:40	CORE* - Fitness	GYM

### SATURDAY

<u>TIME</u>	<u>CLASS</u>	<u>VENUE</u>
08:30 – 09:00	CIRCUITS* - Fitness	GYM
09:30 – 10:15	PILATES - Daire	STUDIO 1

### SUNDAY

<u>TIME</u>	<u>CLASS</u>	<u>VENUE</u>
08:30 – 09:00	CIRCUITS* - Fitness	GYM
09:15 – 10:00	CYCLE FIT - Tracy	CYCLE

\*Denotes classes that juniors +13 can attend.