

# Class Timetable



|             | <b>MONDAY</b> |         |
|-------------|---------------|---------|
| 6:15-7:15   | Group Cycle   | Alicia  |
| 8:30-9:15   | Group Cycle   | Mawgan  |
| 9:25-10:25  | Body Combat   | Mawgan  |
| 10:35-11:35 | Zumba         | Sarah   |
| 11:45-12:45 | Pilates       | Sarah   |
| 12:55-13:40 | LBT           | Clare   |
| 13:45-14:45 | Gentle Yoga   | Gemma   |
| 16:20-17:20 | Hatha Yoga    | Miranda |
| 17:30-18:30 | Body Pump     | Mawgan  |
| 18:40-19:35 | Body Combat   | Mawgan  |
| 19:40-20:10 | Express Spin  | Mawgan  |

|             | <b>TUESDAY</b>     |         |
|-------------|--------------------|---------|
| 6:15-7:15   | Total Body Workout | Alicia  |
| 7:30-8:15   | Bootcamp (outdoor) | Simon   |
| 7:20-8:10   | Vinyasa Yoga       | Lynsey  |
| 8:15-9:00   | Group Cycle        | Mawgan  |
| 9:10-10:10  | Body Pump          | Clare   |
| 10:20-11:20 | Pathway to Yoga    | Shirley |
| 11:30-12:25 | Fitness Pilates    | Peter   |
| 12:35-13:30 | Powerhoop          | Sarah   |
| 13:45-14:40 | Yoga               | Gemma   |
| 17:00-17:50 | Body Pump          | Dave B  |
| 18:00-19:00 | Body Balance       | Dave B  |
| 19:10-19:55 | Group Cycle        | Mawgan  |

|             | <b>WEDNESDAY</b> |         |
|-------------|------------------|---------|
| 6:15-7:15   | Group Cycle      | Alicia  |
| 8:15-9:00   | Group Cycle      | Clare   |
| 9:10-10:10  | Body Combat      | Clare   |
| 10:20-11:20 | LBT              | Sue     |
| 11:30-12:30 | Body Balance     | Steve   |
| 15:55-16:50 | Yin Yoga         | Gemma   |
| 17:00-18:00 | Body Balance     | Shirley |
| 18:10-19:10 | Body Combat      | Dave R  |
| 19:20-19:50 | GRIT             | Dave R  |

|             | <b>THURSDAY</b>    |         |
|-------------|--------------------|---------|
| 6:15-7:15   | Total Body Workout | Alicia  |
| 8:00-9:00   | Body Pump          | Clare   |
| 9:15-9:45   | Strengthening Yoga | Gemma   |
| 10:00-10:45 | Group Cycle        | Mawgan  |
| 11:05-12:05 | Pilates            | Fiona   |
| 12:10-13:40 | Hatha Yoga         | Miranda |
| 13:45-14:45 | Zumba              | Sarah   |
| 17:00-18:00 | Fitness Pilates    | Peter   |
| 18:15-19:00 | Body Attack        | Clare   |

|             | <b>FRIDAY</b>     |                   |
|-------------|-------------------|-------------------|
| 6:15-7:15   | Group Cycle       | Alicia            |
| 7:30-8:30   | Rise & Shine Yoga | Gemma             |
| 8:40-9:25   | Circuits          | Mawgan            |
| 9:35-10:35  | Body Combat       | Mawgan            |
| 10:45-11:45 | Dance Fit         | Sarah             |
| 11:50-12:35 | Tone & Sculpt     | Sue               |
| 12:45-13:00 | Step              | Sue               |
| 13:35-14:35 | Yin Yoga          | Gemma             |
| 16:25-17:25 | Dynamic Flow Yoga | Gemma/<br>Shirley |
| 17:35-18:35 | Body Pump         | Kevin             |

|             | <b>SATURDAY</b>       |                  |
|-------------|-----------------------|------------------|
| 8:00-8:45   | Total Body Workout    | Alicia           |
| 8:55-9:40   | Group Cycle           | Alicia           |
| 10:00-10:45 | Zumba                 | Sarah            |
| 10:55-11:40 | Zumba                 | Sarah            |
| 13:00-14:00 | Vinyasa into Yin Yoga | Gemma/<br>Lynsey |

|             | <b>SUNDAY</b> |        |
|-------------|---------------|--------|
| 9:30-10:30  | Body Combat   | Dave R |
| 10:40-11:10 | GRIT          | Dave R |