

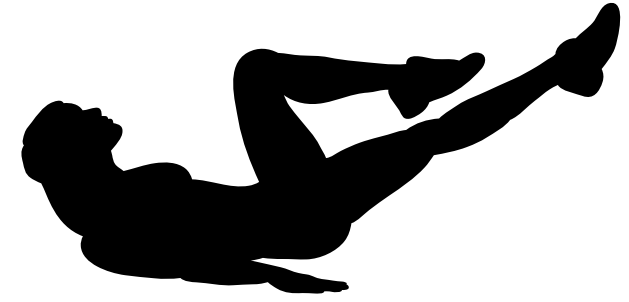
# MORNING CLASS TIMETABLE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HIIT</b> 06:45-07:30	<b>GROUP CYCLING</b> 06:40-07:25	<b>CIRCUITS</b> 06:45-07:30	<b>**ADULT GYMNASTICS</b> 06:45-07:30	<b>BODY CONDITIONING</b> 06:45-07:30	<b>GROUP CYCLING</b> 08:00-08:45	<b>GROUP CYCLING</b> 09:15-10:15
<b>AQUA FIT</b> 09:15-10:00	<b>GROUP TRAINING</b> 09:30-10:15	<b>GROUP CYCLING</b> 09:15-10:00	<b>KETTLEBELLS &amp; CORE</b> 09:30-10:15	<b>PILATES</b> 06:45-07:30	<b>LBT</b> 09:00-10:00	<b>FITNESS YOGALATES</b> 10:30-11:30
<b>LBT</b> 09:30-10:30	<b>PUMP &amp; TONE</b> 09:30-10:30	<b>LADIES GROUP TRAINING</b> 09:30-10:15	<b>GROUP TRAINING</b> 09:30-10:15	<b>PUMP &amp; TONE</b> 09:30-10:30		
<b>ZUMBA</b> 09:30-10:30	<b>LEGS,BUMS &amp; MUMS</b> 09:30-10:30	<b>IMPROVERS TAI CHI QIGONG</b> 09:15-10:15	<b>PILATES</b> 09:30-10:30	<b>PURE STRETCH</b> 09:30-10:30		
<b>GROUP TRAINING</b> 10:45-11:30	<b>SENIOR BODY CONDITIONING</b> 10:45-11:45	<b>BEGINNERS TAI CHI QIGONG</b> 11:00-12:00	<b>PILATES &amp; STRETCH</b> 10:30-11:30	<b>PURE STRETCH</b> 10:45-11:45		
<b>CHAIR FIT CLASS</b> 10:45-11:15	<b>LADIES STRENGTH TRAINING</b> **10:45-11:30	<b>PILATES BEGINNERS</b> 10:30-11:30	<b>SENIOR BODY CONDITIONING</b> 10:30-11:30	<b>LADIES STRENGTH TRAINING</b> ** 10:30-11:30		
<b>SENIOR BODY CONDITIONING</b> 11:30-12:30	<b>PILATES BEGINNERS</b> 11:15-12:15	<b>PILATES LEVEL 1 &amp; 2</b> 11:30-12:30		<b>CHAIR FIT</b> 11:45-12:15		
<b>BEGINNER GROUP TRAINING</b> 11:45-12:30		<b>AQUATHERAPY</b> 11:00-11:45		<b>AQUA FIT</b> 12:15-13:00		
		<b>AQUA FIT</b> 12:15-13:00				

- Cardio**
- Strength**
- Low Impact**
- High Intensity**
- GP REFERRAL ONLY**

**\*\*ADULT GYMNASTICS, LADIES STRENGTH TRAINING AND XTREME FIT ARE DOWN AT RIVERSMEET PERFORMANCE**

**CLASS DESCRIPTIONS. SCAN ME!**



# EVENING CLASS TIMETABLE 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LBT 18:00-19:00	PILATES 17:00-18:00	ZUMBA 18:00-19:00	GROUP CYCLING 18:00-18:45	GROUP CYCLING 18:30-19:15
PILATES 18:00-19:00	GROUP CYCLING 18:00-18:45	HIIT 18:00-19:00	LBT 18:00-19:00	STRONG NATION 18:00-19:00
PILATES 19:00-20:00	BODY CONDITIONING 18:00-19:00	GROUP CYCLING 19:00-19:45	GROUP TRAINING 18:30-19:15	CLUBBERCISE 19:00-20:00
CIRCUITS 19:00-19:45	PILATES 18:00-19:00	**XTREME FIT 19:00-20:00	GROUP CYCLING 19:00-20:00	**ADULT GYMNASTICS, LADIES STRENGTH TRAINING AND XTREME FIT ARE DOWN AT RIVERSMEET PERFORMANCE
GROUP CYCLING 19:00-19:45	CIRCUITS 19:15- 20:00	CLUBBERCISE 19:10-20:10	DDP YOGA 19:45-20:45	
AQUA FIT 19:15-20:00		CIRCUITS 20:15-21:00		
GENTLE STRECTH 20:00-21:00				

- Cardio
- Strength
- Low Impact
- High Intensity



CLASS DESCRIPTIONS. SCAN ME!

