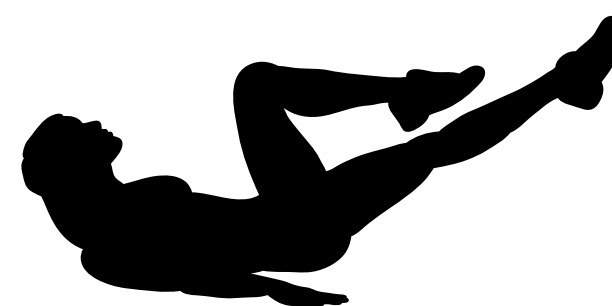


# MORNING CLASS TIMETABLE 2023

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

- Cardio
- Strength
- Low Impact
- High Intensity

\*\*ADULT GYMNASTICS IS NOW DOWN AT SPACE INFLATERS



# EVENING CLASS TIMETABLE 2023

| MONDAY                        | TUESDAY                           | WEDNESDAY                       | THURSDAY                               | FRIDAY                        |
|-------------------------------|-----------------------------------|---------------------------------|--|-------------------------------|
| LBT<br>18:00-19:00            | PILATES<br>17:00-18:00            | STUDENT STRENGTH<br>16:00-16:45 | STUDENT STRENGTH<br>16:00-16:45        | GROUP CYCLING<br>18:30-19:15  |
| PILATES<br>18:00-19:00        | GROUP CYCLING<br>18:00-18:45      | ZUMBA<br>18:00-19:00            | ZUMBA KIDS<br>16:15-17:00              | STRONG NATION<br>18:00-19:00  |
| PILATES<br>19:00-20:00        | BODY CONDITIONING<br>18:00-19:00  | HIIT<br>18:00-19:00             | GROUP CYCLING<br>18:00-18:45           | CLUBBERCISE<br>19:00-20:00    |
| CIRCUITS<br>19:00-19:45       | PILATES<br>18:00-19:00            | GROUP CYCLING<br>19:00-19:45    | LBT<br>18:00-19:00                     | GROUP TRAINING<br>18:00-18:45 |
| GROUP CYCLING<br>19:00-19:45  | CIRCUITS<br>19:00-20:00           | GROUP TRAINING<br>19:00-19:45   | PILATES<br>18:00-19:00                 |                               |
| AQUA FIT<br>19:15-20:00       | **ADULT GYMNASTICS<br>19:15-20:00 | CLUBBERCISE<br>19:10-20:10      | PILATES<br>19:00-20:00                 |                               |
| GENTLE STRETCH<br>20:00-21:00 |                                   | CIRCUITS<br>20:15-21:00         | GROUP CYCLING<br>19:00-19:45           |                               |
|                               |                                   |                                 | STRENGTH & CONDITIONING<br>19:00-20:00 |                               |
|                               |                                   |                                 | AQUA FIT<br>19:15-20:00                |                               |
|                               |                                   |                                 | DDP YOGA<br>20:15-21:15                |                               |

- Cardio
- Strength
- Low Impact
- High Intensity

**\*\*ADULT GYMNASTICS IS NOW DOWN AT SPACE INFLATERS**

SCAN ME FOR THE CLASS TIMETABLE DESCRIPTIONS ONLINE.

