

# Group Fitness Timetable

## Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Monday Mayhem (7:00am)	-	-	-	Friday Frenzy	Body Step (8:30am)	-
9:30am	Body Step	Body Pump	Strength + Tone	Yoga	Body Pump	Body Pump	Body Pump
10:30am	Body Balance	Zumba Gold	Strong Bones Healthy Heart	Body Balance	-	-	-
4:45pm	-	Functional Circuit	-	Functional Circuit	-	-	Body Balance (5:00pm)
5:40pm	Body Pump	Body Attack	Body Step	Body Pump	Body Attack (5:15pm)	-	-
6:40pm	Body Balance	Body Balance	Pilates	-	No Lights, No Lycra (6.30pm)	-	-

## Reformer Pilates Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Reformer	-	-	-	-	-	-
7:00am	Reformer	Reformer	Reformer	Reformer	Reformer	-	-
8:45am	Reformer	Reformer	Reformer(9:00am)	Reformer	Reformer	-	Reformer (8:30am)
9:30am	-	-	Pre/Post Natal Reformer (10:00am)	-	-	Reformer	-
11:00am	-	-	Reformer Intro	Reformer Intro	-	-	Pre/Post Natal Reformer (10:30am)
5:30pm	-	Reformer	-	Reformer	Reformer	-	-
6:00pm	Reformer	-	Reformer	-	-	-	-

• Bookings are essential for Reformer Pilates classes - limit 10 per class

## Cycle Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	-	Cycle	-	Cycle	Cycle	Cycle 8:30am	-
9:30am	Cycle	-	-	-	Cycle 10:30am	-	-
5:40pm	Cycle	Cycle	Cycle	Cycle	-	-	-

## Aqua Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:35am	Aqua Aerobics	-	Aqua Aerobics	-	Aqua Aerobics	-	-
9:35am	Aqua Aerobics	-	Aqua Aerobics	Aqua Deep Water	Aqua Aerobics	-	-
10:00am	-	-	-	-	-	-	-
5:40pm	Aqua Aerobics	Aqua Aerobics	-	-	-	-	-

Please book to classes online, in the centre or by calling 5722 1723. Please collect your ticket from front reception before proceeding to your class.

CONDITIONS OF CLASS ENTRY: Please arrive at least 15 mins prior to start time. No entry permitted after class time. Casual customers must be over 16 years old. Ticket must be presented to instructor at start of class. Please inform instructor of any injuries. Please bring a sweat towel and drink bottle.

Effective from 1 September 2024