

CLASS TIMETABLE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
HEALTH & FITNESS STUDIO		HEALTH & FITNESS STUDIO		HEALTH & FITNESS STUDIO		HEALTH & FITNESS STUDIO		HEALTH & FITNESS STUDIO		HEALTH & FITNESS STUDIO	
06.05-06.50 Reshape	Ultimate	06.05-06.50 Battle	Ultimate	09.15-10.15 BodyCombat	Mickey	06.30-07.00 CXworx	Sam	06.05-06.50 Metcon	Simon	08.00-08.45 Battle	Ultimate
07.15-07.45 GRIT Cardio	Sam	09.15-10.00 Dance Aerobics	Clare	11.45-12.30 Kettlebells	Dave	09.15-10.00 LBT	Tracy C	07.45-08.15 GRIT Cardio	Holly	10.15-11.15 BodyCombat	Robin
09.15-10.00 Battle	Ultimate	10.30-11.30 BodyCombat	Neil	17.50-18.20 GRIT Cardio	Brad	11.45-12.15 CXworx	Brad	09.15-10.15 LBT	Denise	COURT 4	
10.15-11.15 BodyCombat	Mickey	18.00-18.30 GRIT Cardio	Holly/Brad	18.35-19.05 CXworx	Brad	17.30-18.00 GRIT Cardio	Holly	18.30-19.30 Power Hour	Simon	COURT 4	
11.30-12.00 CXworx	Sam	18.45-19.15 CXworx	Brad	20.15-21.00 Kettlebells	Dave	19.15-20.00 Battle	Ultimate	COURT 4		08.30-09.00 Spin	Tracy A
17.30-18.00 GRIT Cardio	Brad	19.30-20.30 Clubbercise	Toni	COURT 4		COURT 4		06.30-07.30 BodyPump	Holly	09.15-10.00 Circuits	Tracy A
18.15-19.15 BodyCombat	Neil	COURT 4		06.30-07.00 Spin	Tracy A	06.50-07.20 Ride	Ultimate	MIND & BODY STUDIO		SWIMMING POOL	
19.40-20.25 Reshape	Ultimate	06.30-07.00 Spin	Tracy A	07.05-07.35 Circuits	Tracy A	09.30-10.00 Cardio Core	Ultimate	09.15-10.00 Dance Aerobics	Clare	09.30-10.15 Aqua	Karen
COURT 4		09.15-10.15 LBT	Tracy C	10.30-11.30 BodyPump	Brad	10.30-11.30 BodyPump	Brad	10.15-11.15 Olit	Marica	SUNDAY	
06.30-07.00 Spin	Holly	17.30-18.00 Spin	Gilly	18.15-18.45 Spin	Holly	18.15-18.45 Spin	Holly	11.30-12.30 Pilates	Marica	HEALTH & FITNESS STUDIO	
09.15-10.00 Spin	Holly	18.15-19.00 Ride	Ultimate	19.00-20.00 BodyPump	Holly	MIND & BODY STUDIO		18.15-19.15 Family Clubbercise	Toni	08.10-08.55 Reshape	Ultimate
17.30-18.00 Spin	Gilly	MIND & BODY STUDIO		MIND & BODY STUDIO		07.00-08.00 Flow Yoga	Emily	SWIMMING POOL		09.30-10.30 LBT	Nicky
18.15-19.00 Cardio Core	Ultimate	06.30-07.30 Flow Yoga	Emily	09.15-10.15 Flow Yoga	Emily	09.15-10.15 Tai Chi	Tom	10.30-11.15 Aqua	Tracy A	10.45-11.45 Clubbercise	Toni
19.15-20.15 BodyPump	Jemma	10.00-11.00 Pilates	Annalie	11.30-12.30 Yoga	Jane	10.30-11.30 Pilates	Michelle	14.00-14.45 Aqua	Gilly	COURT 4	
MIND & BODY STUDIO		11.15-12.00 Barrefloor Fusion	Annalie	18.30-19.30 Yoga	Cat	18.00-19.00 Pilates	Marica	OUTDOOR		COURT 4	
09.15-10.00 Piloxing	Tracy C	12.15-13.15 Hot Yoga	Sasha	19.45-20.30 Dance Aerobics	Clare	19.15-20.15 Yoga	Jo	OUTDOOR		09.00-09.45 Ride	Simon
10.15-10.40 Barrefloor Fitness	Annalie	18.00-19.00 Zumba	Sabina	SWIMMING POOL		SWIMMING POOL		OUTDOOR		MIND & BODY STUDIO	
10.55-11.45 Pilates	Annalie	20.10-20.55 Hot Yoga	Sasha	10.30-11.15 Aqua	Tracy A	10.30-11.15 Aqua	Tracy A	OUTDOOR		10.30-11.30 Yoga	Jen
12.00-13.00 Yoga	Jen	FAMILY STUDIO		OUTDOOR		18.30-19.15 Aqua	Gilly	OUTDOOR		COURT 4	
18.30-19.30 Pilates	Marica	12.00-12.30 Mummyfit Circuit	Holly	10.00-11.00 Mummyfit Bootcamp	Gilly	OUTDOOR		OUTDOOR		COURT 4	
FAMILY STUDIO		SWIMMING POOL		OUTDOOR		OUTDOOR		OUTDOOR		COURT 4	
11.30-12.00 Mummyfit Circuit	Gilly	10.30-11.15 Aqua	Tracy	OUTDOOR		OUTDOOR		OUTDOOR		COURT 4	
SWIMMING POOL		18.30-19.15 Aqua	Karen	OUTDOOR		OUTDOOR		OUTDOOR		COURT 4	
10.30-11.15 Aqua	Nicky	OUTDOOR		OUTDOOR		OUTDOOR		OUTDOOR		COURT 4	
OUTDOOR		12.45-13.15 Mummyfit Bootcamp	Gilly	OUTDOOR		OUTDOOR		OUTDOOR		COURT 4	
12.15-12.45 Mummyfit Bootcamp	Gilly	OUTDOOR		OUTDOOR		OUTDOOR		OUTDOOR		COURT 4	

BOOK YOUR CLASS

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