

Group Fitness Timetable from 1 September 2021 (Alert level 2)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.10am BodyPump* & Core 45min	6.10am BodyPump* 45min	6.10am BodyPump* & Core 45min	6.10am GRIT Strength* 30min	6.10am Core 30min		
				7.00am Slow Flow Yoga 60min		
9.05am Dynamic Yoga 55min	9.05am Pilates 55min	9.05am GRIT Strength* 30min	9.05am Pilates 55min	9.05am BodyPump* 45min	9.15am BodyPump* 60min	9.15am Dynamic Yoga 60min
10.15am BodyPump* & Core 45min	10.15am BodyPump* 60min	10.15am BodyPump* & Core 45min	10.15am BodyPump* 45min	10.30am Core 30min	10.30am Tone 45min	10.30am Core 30min
		11.15am Alpine Stretch 45min	11.15am Dynamic Yoga 60min	11.15am Yoga Stretch 60min	11.30am Yoga Stretch 60min	
12.30pm BodyPump* 45min	12.30pm Yoga Stretch 60min					
5.00pm GRIT Strength* 30min	5.00pm GRIT Strength* 30min	5.00pm CXWorx 30min	5.00pm GRIT Strength* 30min			5.00pm BodyPump* 45min
5.45pm BodyCombat 60min	5.45pm BodyPump* 45min	5.45pm BodyCombat 60min	5.45pm BodyPump* & Core 45min	5.45pm BodyPump XP* 45min		6.00pm Yin Yoga 60min
7.00pm Alpine Stretch 45min	6.45pm Core 30min	7.00pm Yoga 60min	7.00pm Dynamic Yoga 60min			
	7.30pm Yoga 60min					

* Not available as TeenFit class

Cycle Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.10am RPM 45min	6.10am SPRINT 30min	6.10am RPM 45min			
7.00am SPRINT 30min	7.10am SPRINT 30min	7.00am SPRINT 30min	7.10am SPRINT 30min	7.00am SPRINT 30min	8.15am RPM 45min	
9.15am SPRINT 30min	9.15am RPM 45min	9.30am RPM 45min	9.15am SPRINT 30min	9.30am RPM 45min	10.30am RPM 45min	9.30am RPM 45min
		12.30pm SPRINT 30min		12.30pm RPM 45min		
5.00pm SPRINT 30min	5.00pm SPRINT 30min					
6.00pm RPM 45min	6.00pm SPRINT 30min	6.00pm RPM 45min	6.00pm SPRINT 30min			

Key:

Alpine Classes	Les Mills Classes	Les Mills SPRINT classes	Yoga Classes	Latest changes
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Aquatic Class Timetable (starts Monday 13 September)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.15am TriSquad* 90mins		6.15am TriSquad* 90mins			
7.00am Aquafit 45mins		7.00am Aquafit 45mins				
12.15pm Aquafit (65+) 45mins		12.15pm Aquafit (65+) 45mins				
	6.00pm AquaHIIT 45mins					
	6.45pm You&Me (ante-natal)* 45mins					

Key:

Drop In	Booking Required					
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