

GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BOOT CAMP	HIIT ZONE	HIIT ZONE	BOOT CAMP	HIIT ZONE		
6:30am	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT		
7:10am						LES MILLS BODYPUMP Alecia	
8:00am						LES MILLS BODYATTACK 30 Ammany	LES MILLS GRIT Ana
8:15am					GENTLE Carmela		
8:30am						HIIT ZONE	
9:00am	CARDIO FIT V						HIIT ZONE
9:15am		LES MILLS BODYATTACK 45 Ana					
9:30am	LES MILLS BODYPUMP Chris		LES MILLS BODYPUMP Ammany	LES MILLS BODYCOMBAT Irina	LES MILLS BODYATTACK Karola		PIN-LOADED CIRCUIT
10:00am		LES MILLS CORE Jodie					
	HIIT ZONE	HIIT ZONE	HIIT ZONE	HIIT ZONE	HIIT ZONE		
10:30am	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT		
				LES MILLS BODYBALANCE Irina	LES MILLS Shapes Karola		
10:45am	Gold Total Chris	Gold Total Claudia	Gold Total Deb				
11:30am			LES MILLS DANCE Deb				
5:30pm	LES MILLS BODYPUMP Jodi	LES MILLS BODYCOMBAT 45 Gwen	LES MILLS BODYATTACK 30 May	LES MILLS GRIT Jako			
6:00pm			LES MILLS BODYPUMP May	LES MILLS BODYCOMBAT 45 Brayden			
6:15pm		LES MILLS Shapes Gwen					
6:30pm	LES MILLS BODYATTACK 30 Ammany						
6:45pm				LES MILLS Shapes Irina			
7:00pm	HIIT ZONE	HIIT ZONE	HIIT ZONE	HIIT ZONE	HIIT ZONE		
7:30pm	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT	PIN-LOADED CIRCUIT		

WELLNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am	PILATES Christina				
10:30am	YOGA DYNAMIC FLOW Christina		YOGA DYNAMIC FLOW Jen		
5:30pm					
6:00pm		YOGA GENTLE FLOW Ola	YOGA DYNAMIC FLOW Nicole		
7:00pm					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am	AQUA Chris	AQUA Claudia		AQUA Claudia	AQUA Gwen
9:30am		AQUA Claudia	AQUA Deb	AQUA Claudia	AQUA Gwen
10:30am	AQUA Irina				
7:15pm	AQUA Claudia	AQUA Gwen		AQUA Ammany	