

# GROUP EXERCISE TIMETABLE - SUMMER 2021/2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6.00am – 6.45am RPM/CYCLE			8.00am – 8.45am LES MILLS BODYATTACK™	8.00am – 9.00am YOGA
9.30am – 10.15am LES MILLS BODYPUMP™	9.30am – 10.15am HIIT	9.30am – 10.15am LES MILLS BODYCOMBAT™	9.30am – 10.15am LES MILLS BODYATTACK™	9.30am – 10.30am YOGA	9.00am – 9.45am RPM/CYCLE	9.15am – 10.15am ZUMBA
11.00am – 12.00pm FIT&WELL	11.00am – 12.00pm FIT&WELL		11.00am – 12.00pm ZUMBA GOLD		10.00am – 11.00am PILATES	10.30am – 11.15am LES MILLS BODYPUMP™
		12.00pm – 1.00pm TAI CHI				
		4.15pm – 5.15pm FIT KIDS				
5.30pm – 6.15pm PILATES	5.30pm – 6.15pm ZUMBA	5.30pm – 6.30pm YOGA	5.30pm – 6.15pm LES MILLS BODYPUMP™	5.30pm – 6.15pm HIIT		
6.30pm – 7.15pm LES MILLS BODYATTACK™	6.30pm – 7.30pm YOGA	6.45pm – 7.30pm LES MILLS BODYPUMP™	6.30pm – 7.15pm LES MILLS BODYCOMBAT™	6.30pm – 7.30pm ZUMBA		
7.30pm – 8.30pm ZUMBA	7.45pm – 8.30pm LES MILLS BODYCOMBAT™	7.45pm – 8.30pm BOXFIT	7.30pm – 8.30pm PILATES			



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.20am – 7.00am X-TREME		6.20am – 7.00am X-TREME			
	9.30am – 10.10am X-TREME		9.30am – 10.10am X-TREME		8.20am – 9.00am X-TREME	9.30am – 10.10am X-TREME
10.20am – 11.00am X-TREME	10.20am – 10.50am CORE-X	10.20am – 11.00am X-TREME	10.20am – 10.50am CORE-X	10.20am – 11.00am X-TREME	10.20am – 11.00am X-TREME	
5.50pm – 6.30pm X-TREME	5.50pm – 6.30pm X-TREME	5.50pm – 6.30pm X-TREME	5.50pm – 6.30pm X-TREME			
6.50pm – 7.30pm X-TREME	6.45pm – 7.15pm CORE-X	6.50pm – 7.30pm X-TREME	6.45pm – 7.15pm CORE-X			

**PLEASE NOTE:** all classes are subject to change for any reason, at any time without notice. A place in class is not guaranteed as spaces are limited in accordance with our booking system and capacity limits. Members may not be allowed entry if arriving 5 or more minutes late. For any pre-existing medical conditions, consult your health care practitioner first and advise the instructor before the class starts. Terms and conditions apply, please see gym staff for more details.