

# Group Fitness Timetable

## Winter Timetable

| Group Fitness Studio |         | Monday                 | Tuesday            | Wednesday     | Thursday           | Friday                 | Saturday              | Sunday                 |
|----------------------|---------|------------------------|--------------------|---------------|--------------------|------------------------|-----------------------|------------------------|
|                      | 6:00am  | Step                   | Body Pump          | Body Blast    | Step               |                        |                       |                        |
|                      | 8:15am  | Adults Movers          |                    | Adults Movers |                    | Adults Movers          | Mat Pilates (8:30am)  |                        |
|                      | 9:30am  | Adults Movers (9:15am) | BoxFit             | Step          | Body Pump          | Low Impact Chair Class | Body Pump             | TONE                   |
|                      | 10:30am | Body Pump              | Stretch & Strength | Adults Movers | Stretch & Strength | Adults Movers          | Step                  | Body Balance (10:00am) |
|                      | 1:30pm  |                        |                    |               |                    |                        | Zumba (12:45pm)       |                        |
|                      | 3:30pm  |                        |                    |               |                    |                        | Mat Pilates           |                        |
|                      | 6:00pm  | Body Balance           | Step               | Body Pump     | Step               | Mat Pilates            | Body Balance (4:30pm) |                        |
|                      | 7:00pm  | Zumba                  | Body Pump          | Body Balance  | Zumba              | Zumba                  |                       |                        |

| Gym |          | Monday                                      | Tuesday         | Wednesday     | Thursday        | Friday        | Saturday     | Sunday       |
|-----|----------|---------------------------------------------|-----------------|---------------|-----------------|---------------|--------------|--------------|
|     | 6:00am   | C30                                         | C30             |               | C30             | C30           |              |              |
|     | 6:45am   | C30                                         | C30             |               | C30             | C30           |              |              |
|     | 9:15am   | C30                                         | C30 (9:30am)    | C30           |                 | C30           | C30 (9:00am) | C30 (9:00am) |
|     | 9:45am   |                                             | C30 (10:15am)   |               | Adults Strength |               |              |              |
|     | 10:45 am | C30 (10:00am)                               | Adults Strength | C30 (10:00am) | Adults Strength | C30 (10:00am) |              |              |
|     | 1:30pm   |                                             |                 |               |                 |               |              |              |
|     | 4:00pm   | Teen Gym Hours (4:00pm to 6:00pm) Mon - Fri |                 |               |                 |               | C30          | C30          |
|     | 6:00pm   | C30                                         | C30             | C30           |                 | C30           |              |              |
|     | 6:45pm   | C30                                         | C30             | C30           |                 |               |              |              |

| Pool   |         | Monday   | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday   |
|--------|---------|----------|---------|-----------|----------|--------|----------|----------|
|        | 8:00am  | Aqua     | Aqua    | Aqua 50m  | Aqua     | Aqua   |          | Salti 50 |
|        | 11:40am | Aqua     |         | Aqua      |          | Aqua   |          |          |
|        | 1:45pm  |          | Aqua    |           | Aqua     |        |          |          |
| 7:15pm | Aqua    | Aqua 50m | Aqua    | Aqua 50m  |          |        |          |          |