

Group Fitness Timetable

from
29 June 2020

Bookings open two (2) hours prior to the class start time.

Main Studio

Wellness Room

Gym Floor

Duncraig

30' XPRESS 30MIN

45' XPRESS 45MIN

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	BODYPUMP/CX WORKX	BODYPUMP	BODYATTACK				
6.00am	METAFIT 30'	BODYATTACK	BODYPUMP	BODYPUMP BODYCOMBAT	BODYPUMP		
6.15am					METAFIT 30'		
7.00am						BODYATTACK	
7.45am	PLATINUM BODYPUMP	PLATINUM GYM CIRCUIT	PLATINUM BODYPUMP PLATINUM GYM CIRCUIT	PLATINUM GYM CIRCUIT	PLATINUM BODYPUMP	METAFIT 30'	BODYCOMBAT
8.00am						OMNIA	
8.15am						BODYJAM	
8.30am						BODYPUMP	
8.45am	BODYCOMBAT		BODYSTEP 45'	PLATINUM GYM CIRCUIT			
9.00am	BODYPUMP PILATES	BODYCOMBAT 45' TONED AND STRONG	ABT BODYPUMP	BODYPUMP YOGA	ABT BODYCOMBAT TONED AND STRONG	BODYPUMP	CX WORKX 30'
9.15am							BODYPUMP
9.30am		METAFIT 30'				BODYCOMBAT	
9.45am	BODYATTACK 45'		ZUMBA	TONE		TONE	
10.00am		BODYBALANCE					YOGA
10.15am	YOGA		BODYPUMP	BODYBALANCE	BODYPUMP 45'		
10.30am	OMNIA PLATINUM GYM CIRCUIT	OMNIA	OMNIA PLATINUM GYM CIRCUIT	OMNIA	OMNIA PLATINUM GYM CIRCUIT		PILATES
10.45am						BODYPUMP/CX WORKX	
11:00am			YOGA				
11:15am		BODYPUMP			YOGA		
11.30am	PLATINUM OMNIA	PLATINUM OMNIA	PLATINUM OMNIA	PLATINUM OMNIA			
12:45pm	PLATINUM YOGA	PLATINUM YOGA	PLATINUM PILATES	PLATINUM YOGA	PLATINUM PILATES		
2.00pm						OMNIA	
4.30pm						BODYBALANCE	YOGA
5.30pm	BODYATTACK	BODYPUMP METAFIT 30'	YOGA	ABT	BODYPUMP		
5:45pm	BODYCOMBAT		PILATES				
6.00pm	OMNIA	OMNIA	OMNIA	OMNIA BODYPUMP			
6.05pm		TONED AND STRONG					
6:15pm		BODYPUMP			BODYBALANCE		
6.45pm	BODYPUMP 45'	BODYCOMBAT 45'	TONE 45'	BODYCOMBAT			
7.00pm			BODYATTACK				
7.15pm	BODYJAM						
7.45pm	YOGA	BODYBALANCE	BODYPUMP				

CYCLE

Bookings open one (1) hours prior to the class start time.

Function Room

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am		RPM	RPM		RPM		
5.45am	RPM			RPM			
7.00am		SPRINT 30'					
8.00am						SPRINT 30'	
8.30am		RPM	RPM		RPM		RPM
9.00am	RPM			RPM		RPM	
10.00am		RPM	RPM		RPM		
3.30pm						RPM	
5.30pm			SPRINT 30'	SPRINT 30'			
6.30pm	RPM	RPM	RPM	RPM			

AQUA

Bookings open one (2) hours prior to the class start time.

Indoor 25m

Leisure Pool

D DEEP WATER

S SHALLOW WATER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am	PLATINUM AQUA S	PLATINUM AQUA D		PLATINUM AQUA D	PLATINUM AQUA S		
9.30am	AQUA D	AQUA S	AQUA D	AQUA S	AQUA D		
10.00am						AQUA D	
2.00pm			PLATINUM AQUA S		PLATINUM AQUA S		
6.30pm	AQUA S	AQUA S					