






GROUP EXERCISE STUDIO							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00AM		RPM					
7.30AM						RPM	
8.00AM	AA CYCLE						
9.30AM	TONE	BODY PUMP	BODY PUMP	THT	BODY PUMP		BODY PUMP
10.30AM	BODY BALANCE	STRETCH & RELAX	YOGA	FEELING FIT	BODY BALANCE	BODY STEP	BODY BALANCE
11.30AM	FEELING FIT	BODY BALANCE	ZUMBA GOLD		BODY PUMP	BODY BALANCE	
12.30PM							
VIRTUAL ON DEMAND							
6.00PM				BODY PUMP			
6.30PM		BODY STEP					
7.30PM	BODY BALANCE	BODY BALANCE					
7.45PM							

AQUA AEROBICS						
	MON	TUES	WED	THURS	FRI	SAT
7.00AM	AQUACISE		AQUACISE		AQUACISE	
8.00AM	AQUACISE	GENTLE	AQUACISE	GENTLE	AQUACISE	AQUACISE
9.00AM		AQUACISE	AQUACISE	DEEP WATER RUNNING	AQUACISE	AQUACISE
10.00AM	AQUACISE	AQUACISE	AQUACISE		AQUACISE	
11.15AM	AQUA FLOW				GENTLE	
6.30PM	DEEP WATER RUNNING		AQUACISE	DEEP WATER RUNNING		




VIRTUAL CLASSES					
	MON	TUES	WED	THURS	FRI
6AM	PUMP		ATTACK	RPM	COMBAT
7AM	SPRINT	SPRINT	CORE	GRIT	CORE
8.00AM		COMBAT	BALANCE		SPRINT








\*\*Virtual on demand all other times.



# SPRING TIMETABLE OCTOBER 7th 2024

-  New Classes this Timetable
-  Available to Active Adults Members
-  Only available to Wellness Members
-  These classes are run in the Warm Water Pool
-  \*Classes with lower numbers



WELLBEING STUDIO							
	MON	TUES	WED	THURS	FRI	SAT	SUN
8.30AM		 MAT MUMS & BUBS	 MAT MUMS & BUBS	YOGA			
9.30AM							
10.30AM				YOGA			
11.30AM				MINDFUL MOVEMENT			
12.30PM		YOGA					
4.30PM		 ROLL & STRETCH					
6.30PM	FIT & FAB						
7.30PM				MINDFUL MOVEMENT			
7.45PM			MAT PILATES				

REFORMER STUDIO						
	MON	TUES	WED	THURS	FRI	SAT
6AM	REF	REF	 REF	REF	 REF	
7AM	REF	REF	REF	REF	 REF	
8.30AM						REF
9.30AM	REF	REF	REF	REF	REF	REF
10.30AM	 REF	REF	 REF	REF	 REF	REF
11.30AM					 BEGINNER	
5.30PM	REF	REF	REF	REF	REF	
6.30PM	REF	REF	REF	REF	REF	
7.30PM	REF					

FUNCTIONAL TRAINING						
	MON	TUES	WED	THURS	FRI	SAT
6.00AM	FUNCTIONAL TRAINING				 FUNCTIONAL TRAINING	
7.00AM		 FUNCTIONAL TRAINING				FUNCTIONAL TRAINING
9.00AM						
12.00PM				FUNCTIONAL TRAINING		
5.30PM			FUNCTIONAL TRAINING			
6.00PM	FUNCTIONAL TRAINING					
6.15PM			FUNCTIONAL TRAINING			