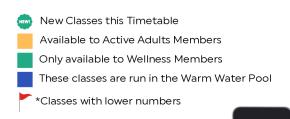
GROUP EXERCISE STUDIO									
	MON	TUES	WED	THURS	FRI	SAT	SUN		
6.00AM		RPM				<u> </u>			
7.30AM						RPM			
8.00AM	AA CYCLE								
9.30AM	TONE	BODY	BODY	THT	BODY		BODY		
		PUMP	PUMP	1	PUMP		PUMP		
10.30AM	BODY	STRETCH	YOGA	FEELING	BODY	BODY	BODY		
10.30AW	BALANCE	& RELAX		FIT	BALANCE	STEP	BALANCE		
11 20444	FEELING	BODY	ZUMBA		BODY	BODY			
11.30AM	FIT	BALANCE	GOLD		PUMP	BALANCE			
12.30PM									
			VIRTUAL O	N DEMAND)				
6.00PM				BODY					
0.00F1V1				PUMP					
6.30PM		BODY							
6.30PW		STEP							
7 20014	BODY	BODY							
7.30PM	BALANCE	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



HERE

WELLBEING STUDIO									
	MON	TUES	WED	THURS	FRI	SAT	SUN		
8.30AM		MAT	MAT	YOGA					
9.30AM		MUMS & BUBS	MUMS & BUBS						
10.30AM				YOGA					
11.30AM				MINDFUL MOVEMENT					
12.30PM		YOGA							
4.30PM		ROLL &							
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					NEW	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	NE	FUNCTIONAL TRAINING							
9.00AM						FUNCTIONAL TRAINING			
12.00PM			NEW	FUNCTIONAL TRAINING					
			-	,					
5.30PM			FUNCTIONAL TRAINING						
6.00PM	FUNCTIONAL TRAINING								
6. 1 5PM			FUNCTIONAL TRAINING						