



# Fitness Classes

## Oct-Dec '17

CARDIO & FAT BLAST

TONE & CONDITION

RELAX & STRETCH

SPORTSHALL

MEMBERS ONLY

OVER 50'S

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN				
6.30am											
6.45am											
<b>7am</b>			<b>ULTRAFIT</b> (SCOTT) 6.40-7.10am	<b>KETTLEBELLS</b> (GYM CLASS) 6.40-7.10am							
7.15am	<b>SPIN &amp; AB'S</b> (RYAN) 7.00-8.00am	<b>SPIN</b> (BARTEK) 7.15-8.00am	<b>SPIN</b> (RYAN) 7.15-8.00am	<b>SPIN</b> (BARTEK) 7.15-8.00am	<b>SPIN &amp; HIIT</b> (RYAN) 7.00-8.00am						
7.30am											
7.45am											
<b>8am</b>		<b>KETTLEBELLS</b> (GYM CLASS) 8.00-8.30am									
8.15am					<b>YOGA</b> (JEN) 8.15-9.15am						
8.30am											
8.45am											
<b>9am</b>		<b>BODY PUMP</b> (AILEEN) 9.00-10.00am	<b>SPIN</b> (EMMA) 9.10-10.10am	<b>SPIN</b> (CAROL) 9.10-9.55am	<b>BODY CONDITIONING</b> (RITA JANE) 9.15-10.00am	<b>YOGA</b> (JEN) 9.00-10.00am					
9.15am											
9.30am	<b>FLEXIBLE STRENGTH</b> (CAROL) 9.30-10.30am						<b>YOGA</b> (JEN) 9.30-10.30am				
9.45am											
<b>10am</b>											
10.15am		<b>SPIN XPRESS</b> (LAUREN) 10.10-10.30am	<b>STRETCH &amp; FLEX</b> (RITA JANE) 10.10-11.10am	<b>BODY PUMP</b> (EMMA) 10.00-11.00am	<b>STEP</b> (RITA JANE) 10.00-11.00am	<b>BODY PUMP</b> (LYNN) 10.00-11.00am					
10.30am											
10.45am											
<b>11am</b>	<b>YOUNG @ ♥</b> (LINDA) 10.30-11.30am	<b>AEROBICS</b> (JANET) 10.30-11.30am									
11.15am		<b>YOGA</b> (JEN) 10.30-11.30am	<b>YOUNG @ ♥</b> (RITA JANE) 11.10-12.10pm	<b>YOGA</b> (JENNY) 11-12pm Activity Room	<b>AEROBICS &amp; CONDITIONING</b> (JANET) 11-12pm	<b>YOUNG @ ♥</b> (EMMA) 11.00-12.00am					
11.30am											
11.45am											
<b>12am</b>	<b>BODY PUMP</b> (EMMA) 11.30-12.30pm	<b>SPIN XPRESS</b> (ROSS) 11.45-12.15am									
12.15pm				<b>TAI CHI</b> (LEE) 12-1pm							
12.30pm											
12.45pm											
<b>1pm</b>	<b>SPIN &amp; CONDITION</b> (EMMA) 12.30-1.30pm										
1.15pm											
1.30pm	<b>UPPER BODY</b> (GYM CLASS) 1.30-2.00pm	<b>PLYOMETRICS</b> (GYM CLASS) 1.30-2.00pm	<b>LOWER BODY</b> (GYM CLASS) 1.30-2.00pm	<b>CARDIO</b> (GYM CLASS) 1.30-2.00pm	<b>PILATES</b> (ANN-MARIE) 1.00-2.00pm	<b>CORE</b> (GYM CLASS) 1.30-2.00pm	<b>HIIT</b> (GYM CLASS) 1.30-2.00pm				
1.45pm											
<b>2pm</b>											
2.15pm											
2.30pm											
2.45pm											
<b>3pm</b>											
4.00pm											
5.00pm	<b>VICKY L SCHOOL OF DANCE</b> 4.30-6.00pm	<b>VICKY L SCHOOL OF DANCE</b> 3.45-6.00pm	<b>HIIT</b> (GYM TEAM) 5.30-6.00pm	<b>SCHWINN INDOOR CYCLING</b> (SCOTT) 5.25-6.10pm	<b>ZUMBATONIC KIDS</b> 4-4.45pm						
6.00pm						<b>ZUMBATONIC KIDS</b> 4.45-5.30pm					
6.15pm											
6.30pm	<b>FAT BLAST</b> (BARTEK) 6.15-7.15pm	<b>BODY PUMP</b> (JULIE) 6.00-7.00pm	<b>ASHTANGA YOGA</b> (LORRAINE) 6.00-7.00pm	<b>HIIT</b> (EMMA) 6.15-7.00pm	<b>BODY PUMP</b> (JULIE) 6.00-7.00pm						
6.45pm											
<b>7pm</b>											
7.15pm	<b>METAFIT</b> (BARTEK) 7.15-7.45pm	<b>POWER YOGA</b> (JOHN) 7.00-8.00pm	<b>BODY PUMP</b> (AILEEN) 7.00-8.00pm	<b>BOOT CAMP</b> (RYAN) 7.00-8.00pm	<b>SPIN</b> (EMMA) 7.00-7.45pm	<b>KETTLEBELLS</b> (GYM CLASS) 7.30-8.00pm					
7.30pm											
7.45pm											
<b>8pm</b>											
8.15pm	<b>ULTRAFIT</b> (SCOTT) 8.00-8.30pm	<b>ABS BLAST</b> (GYM TEAM) 8.00-8.30pm	<b>SPIN</b> (RYAN) 8.00-8.45pm	<b>YOGA</b> (LORRAINE) 8.00-9.00pm							
8.30pm											
8.45pm											
<b>9pm</b>											

PLEASE NOTE YOU MUST BOOK SPIN CLASSES IN ADVANCE