



WEEKLY GROUP FITNESS TIMETABLE



WEEK ENDING 17th October 2021

DAY/TIME	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	SATURDAY 16	SUNDAY 17
MORNING CLASSES	6.10am 50min SPIN Trish	6.10am 55min LESMILLS BODYPUMP Lisa B	6.10am 30min LESMILLS GRIT STRENGTH Anna-Maria	6.10am 50min SPIN Scott	6.10am 55min LESMILLS BODYPUMP Nadine		
	6.15am 45min DEEP WATER AQUA Lisa T		6.15am 45min DEEP WATER AQUA Lisa T	7.15am 55min MAT PLATES Raphael	6.15am 45min DEEP WATER AQUA Hannah		
	7.15am 45min MAT PLATES Donna	7.15am 30min LESMILLS CORE Lisa B	7.15am 45min H.I.I.T Meg	8.30am 45min BCZYRIP Scott	7.15am 55min YOGA Ali		
	8.15am 45min LOW IMPACT CIRCUIT Tanya	8.15am 45min SHALLOW WATER AQUA Hannah	8.15am 45min LOW IMPACT CIRCUIT Tanya	8.15am 45min SHALLOW WATER AQUA Anna-Maria	8.15am 45min ZUMBA Emma-Jean	8.10am 55min SPIN Trish	8.10am 45min ZUMBA Emma-Jean
	9.15am 45min DEEP WATER AQUA Lisa T	9.15am 45min DEEP WATER AQUA TABATA Lisa T	9.15am 45min DEEP WATER AQUA Lisa T	9.15am 45min DEEP WATER AQUA TABATA Anna-Maria	9.15am 45min DEEP WATER AQUA Hannah	9.15am 55min LESMILLS BODYCOMBAT Tanya	9.10am 50min LESMILLS RPM Emma-Jean
	9.30am 45min LESMILLS BODYPUMP Tanya	9.30am 45min LESMILLS RPM Yvette Nadine	9.30am 55min LESMILLS BODYPUMP Anna-Maria/ Nadine/Tanya	9.30am 45min LESMILLS BODYSTEP Hannah	9.30am 45min LESMILLS RPM Yvette	10.15am 55min MAT PLATES Donna	10.15am 55min LESMILLS BODYPUMP Adele
	10.30am 45min SPIN Omid	10.40am 55min MAT PLATES Raphael		10.25am 30min LESMILLS CORE Nadia/ Danielle	10.30am 30min H.I.I.T Zane	11.05am 30min LESMILLS CORE Danielle	11.30am 55min YOGA Raphael
LUNCH CLASSES	12.15pm 30min LESMILLS GRIT STRENGTH Anna-Maria Nadia	12.15pm 45min LESMILLS BODYPUMP Hannah	12.15pm 55min YOGA Hannah	12.15pm 30min LESMILLS BODYPUMP Nadine	12.15pm 30min BCZYRIP Scott	12.15pm 45min DEEP WATER AQUA Lisa T	12.45pm 45min BCZYRIP Scott
	12.50pm 30min LESMILLS CORE Anna-Maria Nadine			1:00pm 30min SPIN Scott	1:00pm 55min LESMILLS BODYBALANCE Hannah Anna-Maria		
EVENING CLASSES				4.30pm 30min H.I.I.T Meg			
	3:45pm 45min PROTEEN PROGRAM Zane		3:45pm 45min PROTEEN PROGRAM Zane	5:10pm 30min LESMILLS CORE Lisa B/ Nadia			
	4.45pm 45min LESMILLS BODYSTEP Anna-Maria Adele/Hannah	4.45pm 45min LESMILLS BODYATTACK Michelle C Nadia	4.45pm 45min SPIN Scott	5.45pm 45min LESMILLS BODYATTACK Lisa B Nadia	4.45pm 45min LESMILLS BODYPUMP Larissa Michelle G		
	5.45pm 45min LESMILLS BODYPUMP Anna-Maria	5.45pm 45min SPIN Michelle C	5.45pm 45min LESMILLS BODYPUMP Michelle G/Lisa B	6.45pm 45min DEEP WATER AQUA Tanya	5.45pm 45min LESMILLS RPM Larissa/Kelliann		
	6.45pm 45min BCZYRIP Scott	6.45pm 45min H.I.I.T Zane	6.45pm 45min LESMILLS BODYCOMBAT Lisa B	6.45pm 45min YOGA Kelliann			

This week's information...

- It's Super Hero Les Mills Launch Week! New Moves, New Music and New Tracks! Come dressed in your best Super Hero costume (or part of) – mask, wrist bands, cape e.c.t. Come along for some great workouts that are sure to be a whole lot of fun!
- BODYBALANCE on Friday at 7:15am will be replaced with YOGA for this week due to instructor availability.
- BODYBALANCE on Sunday at 11:30am will be replaced with YOGA for this week due to instructor availability.

