



# WEEKLY GROUP FITNESS TIMETABLE



## WEEK ENDING 24<sup>th</sup> October 2021

DAY/TIME	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21 Open 8am – 6pm	FRIDAY 22	SATURDAY 23	SUNDAY 24
MORNING CLASSES	6.10am 50min SPIN Trish	6.10am 55min LESMILLS BODYPUMP Lisa B	6.10am 30min GRIT STRENGTH Anna-Maria		6.10am 55min LESMILLS BODYPUMP Nadine		
	6.15am 45min DEEP WATER AQUA Lisa T		6.15am 45min DEEP WATER AQUA Lisa T		6.15am 45min DEEP WATER AQUA Hannah		
	7.15am 45min MAT PILATES Donna	7.15am 30min LESMILLS CORE Lisa B	7.15am 45min H.I.I.T Ali		7.15am 55min YOGA Raphael		
	8.15am 45min LOW IMPACT CIRCUIT Tanya	8.15am 45min SHALLOW WATER AQUA Lisa T	8.15am 45min LOW IMPACT CIRCUIT Tanya	8.15am 55min LESMILLS RPM Emma-Jean	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	9.30am 45min ZUMBA Emma-Jean	9.15am 45min DEEP WATER AQUA Hannah	9.15am 55min LESMILLS BODYSTEP Hannah	9.10am 50min LESMILLS RPM Nadine
	9.30am 45min LESMILLS BODYPUMP Tanya	9.30am 45min LESMILLS RPM Yvette	9.30am 55min LESMILLS BODYPUMP Anna-Maria	10.30am 55min YOGA Kelliann	9.30am 45min LESMILLS RPM Yvette	10.15am 55min MAT PILATES Donna	10.15am 55min LESMILLS BODYPUMP Nadine
	10.30am 45min SPIN Omid	10.40am 55min MAT PILATES Raphael		10.30am 45min DEEP WATER AQUA TABATA Lisa T	10.30am 30min H.I.I.T Zane	11.30am 55min LESMILLS BODYPUMP Hannah	11.30am 55min YOGA Ali
					11:05am 30min LESMILLS CORE Nadine		
LUNCH CLASSES	12.15pm 30min GRIT STRENGTH Anna-Maria	12.15pm 45min LESMILLS BODYPUMP Nadia	12.15pm 55min YOGA Hannah	12:00pm 45min LESMILLS BODYPUMP Hannah	12.15pm 30min BODYRIP Scott	<del>12.15pm 45min  DEEP WATER AQUA Cancelled</del>	12:45pm 45min BODYRIP Scott
	12:50pm 30min LESMILLS CORE Anna-Maria			1:00pm 45min LESMILLS RPM Larissa	1:00pm 55min LESMILLS BODYBALANCE Hannah		
EVENING CLASSES				4.30pm 30min H.I.I.T Lisa B			
	3:45pm 45min PROTEEN PROGRAM Zane		3:45pm 45min PROTEEN PROGRAM Zane	5:10pm 30min LESMILLS CORE Lisa B			
	4.45pm 45min LESMILLS BODYSTEP Anna-Maria	4.45pm 45min LESMILLS BODYATTACK Michelle C	4.45pm 45min SPIN Scott		4.45pm 45min LESMILLS BODYPUMP Larissa		
	5.45pm 45min LESMILLS BODYPUMP Michelle G	5.45pm 45min SPIN Michelle C	5.45pm 45min LESMILLS BODYPUMP Tanya		5.45pm 45min SPIN Scott		
	6.45pm 45min BODYRIP Scott	6.45pm 45min H.I.I.T Zane	6.45pm 45min LESMILLS BODYCOMBAT Tanya				

### This week's information...

- Please note the change of opening hours and class times on the **Public Holiday Thursday 21<sup>st</sup> October**.
- **BODYBALANCE** on **Friday** at **7:15am** will be replaced with **YOGA** for this week due to instructor availability.
- **DWAQ** on **Saturday** at **12:15pm** will be cancelled this week due to instructor availability.
- **BODYBALANCE** on **Sunday** at **11:30am** will be replaced with **YOGA** for this week due to instructor availability.

