

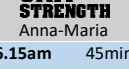

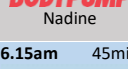


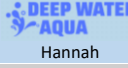






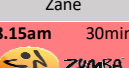

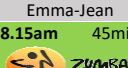

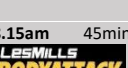

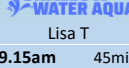
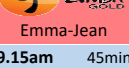

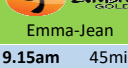

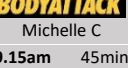

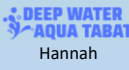
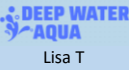











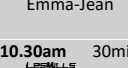


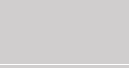






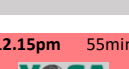



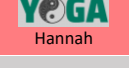

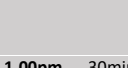












WEEKLY GROUP FITNESS TIMETABLE



WEEK ENDING 27th June 2021

| DAY/TIME | MONDAY 21 | TUESDAY 22 | WEDNESDAY 23 | THURSDAY 24 | FRIDAY 25 | SATURDAY 26 | SUNDAY 27 |
|-----------------|--|---|---|---|---|--|--|
| MORNING CLASSES | 6.15am 45min  SPIN Trish | 6.15am 55min  LESMILLS BODYPUMP Hannah | 6.15am 30min  LESMILLS GRIT STRENGTH Anna-Maria | 6.15am 45min  SPIN Scott | 6.15am 45min  LESMILLS BODYPUMP Nadine | | |
| | 6.15am 45min  DEEP WATER AQUA Anna-Maria | | 6.15am 45min  DEEP WATER AQUA Lisa T | | 6.15am 45min  DEEP WATER AQUA Hannah | | |
| | 7.15am 45min  MAT PILATES Donna | | 7.15am 45min  H.I.I.T Zane | 7.15am 55min  MAT PILATES Raphael | 7.15am 45min  LESMILLS BODYBALANCE Emma-Jean | | |
| | 8.15am 45min  SENIOR CIRCUIT Anna-Maria | 8.15am 45min  SHALLOW WATER AQUA Lisa T | 8.15am 30min  ZUMBA Emma-Jean | 8.15am 45min  SHALLOW WATER AQUA Lisa T | 8.15am 45min  ZUMBA Emma-Jean | 8.15am 45min  LESMILLS RPM Larissa | 8.15am 45min  LESMILLS BODYATTACK Michelle C |
| | 9.15am 45min  DEEP WATER AQUA Lisa T | 9.15am 45min  DEEP WATER AQUA TABATA Hannah | 9.15am 45min  DEEP WATER AQUA Lisa T | 9.15am 45min  DEEP WATER AQUA TABATA Lisa T | 9.15am 45min  DEEP WATER AQUA Hannah | 9.15am 45min  LESMILLS BODYCOMBAT Tanya | 9.15am 45min  SPIN Lisa B |
| | 9.30am 45min  LESMILLS BODYPUMP Anna-Maria | 9.30am 45min  LESMILLS RPM Yvette | 9.30am 55min  LESMILLS BODYPUMP Anna-Maria | 9.30am 45min  LESMILLS BODYSTEP Anna-Maria | 9.30am 45min  LESMILLS RPM Emma-Jean | 10.15am 55min  MAT PILATES Donna | 10.15am 55min  LESMILLS BODYPUMP Nadine |
| | 10.30am 30min  SPIN Christian | 10.40am 55min  MAT PILATES Lyndie | | 10.30am 30min  LESMILLS CORE Danielle | 10.30am 30min  LESMILLS GRIT STRENGTH Nadia | 11.30am 55min  LESMILLS BODYPUMP Michelle G | 11.30am 55min  LESMILLS BODYBALANCE Hannah |
| | 11.15am 30min  H.I.I.T Meg | | | | 11:05am 30min  LESMILLS CORE Nadine | | |
| LUNCH CLASSES | 12.15pm 30min  LESMILLS GRIT STRENGTH Anna-Maria | 12.15pm 45min  LESMILLS BODYPUMP Danielle | 12.15pm 55min  YOGA Hannah | 12.15pm 30min  LESMILLS BODYPUMP Anna-Maria | | 12.15pm 45min  DEEP WATER AQUA Lisa T | |
| | 12.50pm 30min  LESMILLS CORE Anna-Maria | | | 1.00pm 30min  SPIN Christian | 1.00pm 30min  H.I.I.T Hannah | | |
| EVENING CLASSES | 3.45pm 45min  PROTEEN PROGRAM Zane | | 3.45pm 45min  PROTEEN PROGRAM Scott | 4.45pm 45min  LESMILLS BODYCOMBAT Lisa B | | | |
| | 4.45pm 45min  STEP HIIT Scott | 4.45pm 45min  LESMILLS BODYATTACK Nadia | 4.45pm 45min  SPIN Scott | 5.45pm 45min  OLD SCHOOL AEROBICS Lisa B | 4.45pm 45min  LESMILLS BODYPUMP Tanya | | |
| | 5.45pm 45min  H.I.I.T Zane | 5.45pm 45min  LESMILLS RPM Kelliann | 5.45pm 45min  LESMILLS BODYPUMP Tanya | 6.45pm 45min  DEEP WATER AQUA Lisa T | 5.45pm 45min  SPIN Scott Omid | | |
| | 6.45pm 45min  LESMILLS BODYPUMP Hannah | 6.45pm 45min  H.I.I.T Zane | 6.45pm 45min FREESTYLE STEP Tanya | 6.45pm 45min  YOGA Kelliann | | | |

This week's information...



HELP US RAISE AWARENESS AROUND MENTAL HEALTH AND WEAR YOUR SHORTS ON MONDAY 21ST JUNE. BRAVE THE COLD! BRAVE THE CONVERSATION!

BODYSTEP on Monday at 4:45pm and Wednesday at 6:45pm will be replaced with **STEP HIIT** and **FREESTYLE STEP** due to instructor availability.
SPIN on Tuesday at 5:45pm and Saturday at 8:15am will be replaced with **RPM** for this week due to instructor availability.
SENIOR CIRCUIT on Wednesday at 8:15am will be replaced with a 30min Zumba Gold class for this week only.
PILATES on Thursday at 7:15am has been added to the timetable as a trial until the end of June.
PLEASE NOTE: On Wednesday and Thursday 23rd & 24th June a professional photographer will attend the 8:15am ZUMBA GOLD, 9:30am BODYPUMP, 12.15pm YOGA, 8:15am SHWAQ, 9:15am DWAQ and 9:30am BODYSTEP classes to capture some promotional images for the Centre. All class participant numbers are limited to 31. You will require a ticket to attend the Friday morning 8:15am Zumba class. Please collect a ticket from the Gym reception desk up to 30 minutes prior to the class starting.

