



# WEEKLY GROUP FITNESS TIMETABLE



## WEEK ENDING 4<sup>th</sup> July 2021

DAY/TIME	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 1	FRIDAY 2	SATURDAY 3	SUNDAY 4
<b>MORNING CLASSES</b>	6.15am 45min <b>SPIN</b> Trish	6.15am 55min <b>LES MILLS BODYPUMP</b> Hannah	6.15am 30min <b>LES MILLS GRIT STRENGTH</b> Anna-Maria	6.15am 45min <b>LES MILLS RPM</b> Larissa	6.15am 45min <b>LES MILLS BODYPUMP</b> Nadine		
	6.15am 45min <b>DEEP WATER AQUA</b> Lisa T		6.15am 45min <b>DEEP WATER AQUA</b> Lisa T		6.15am 45min <b>DEEP WATER AQUA</b> Hannah		
	7.15am 45min <b>MAT PILATES</b> Donna		7.15am 45min <b>H.I.I.T</b> Zane	7.15am 55min <b>MAT PILATES</b> Raphael	7.15am 45min <b>LES MILLS BODYBALANCE</b> Emma-Jean		
	8.15am 45min <b>SENIOR CIRCUIT</b> Lisa T	8.15am 45min <b>SHALLOW WATER AQUA</b> Lisa T	8.15am 45min <b>SENIOR CIRCUIT</b> Zane	8.15am 45min <b>SHALLOW WATER AQUA</b> Hannah	8.15am 45min <b>ZUMBA</b> Emma-Jean	8.15am 45min <b>SPIN</b> Trish	8.15am 45min <b>LES MILLS BODYATTACK</b> Michelle C
	9.15am 45min <b>DEEP WATER AQUA</b> Lisa T	9.15am 45min <b>DEEP WATER AQUA TABATA</b> Hannah	9.15am 45min <b>DEEP WATER AQUA</b> Lisa T	9.15am 45min <b>DEEP WATER AQUA TABATA</b> Hannah	9.15am 45min <b>DEEP WATER AQUA</b> Hannah	9.15am 45min <b>LES MILLS BODYCOMBAT</b> Michelle G	9.15am 45min <b>SPIN</b> Michelle C
	9.30am 45min <b>LES MILLS BODYPUMP</b> Danielle	9.30am 45min <b>LES MILLS RPM</b> Nadine	9.30am 55min <b>LES MILLS BODYPUMP</b> Anna-Maria	9.30am 45min <b>LES MILLS BODYSTEP</b> Anna-Maria	9.30am 45min <b>LES MILLS RPM</b> Yvette	10.15am 55min <b>MAT PILATES</b> Donna	10.15am 55min <b>LES MILLS BODYPUMP</b> Nadine
	10.30am 30min <b>SPIN</b> Christian	10.40am 55min <b>MAT PILATES</b> Lyndie		10.30am 30min <b>LES MILLS CORE</b> Danielle	10.30am 30min <b>H.I.I.T</b> Zane	11.30am 55min <b>LES MILLS BODYPUMP</b> Nadine	11.30am 55min <b>LES MILLS BODYBALANCE</b> Hannah
	11.15am 30min <b>H.I.I.T</b> Meg				11:05am 30min <b>LES MILLS CORE</b> Nadine		
<b>LUNCH CLASSES</b>	12.15pm 30min <b>LES MILLS GRIT STRENGTH</b> Anna-Maria	12.15pm 45min <b>LES MILLS BODYPUMP</b> Danielle	12.15pm 55min <b>YOGA</b> Hannah	12.15pm 30min <b>LES MILLS BODYPUMP</b> Anna-Maria		12.15pm 45min <b>DEEP WATER AQUA</b> Lisa T	
	12:50pm 30min <b>LES MILLS CORE</b> Anna-Maria			1:00pm 30min <b>SPIN</b> Christian	1:00pm 45min <b>H.I.I.T</b> Scott		
<b>EVENING CLASSES</b>	3.45pm 45min <b>PROTEEN PROGRAM</b> Zane		3.45pm 45min <b>PROTEEN PROGRAM</b> Meg	4.45pm 45min <b>LES MILLS BODYCOMBAT</b> Michelle G			
	4.45pm 45min <b>LES MILLS BODYSTEP</b> Anna-Maria	4.45pm 45min <b>LES MILLS BODYATTACK</b> Nadia	4.45pm 45min <b>SPIN</b> Scott	5.45pm 45min <b>OLD SCHOOL AEROBICS</b> Michelle G	4.45pm 45min <b>LES MILLS BODYPUMP</b> Larissa		
	5.45pm 45min <b>LES MILLS BODYCOMBAT</b> Michelle G	5.45pm 45min <b>SPIN</b> Christian	5.45pm 45min <b>LES MILLS BODYPUMP</b> Tanya	6.45pm 45min <b>DEEP WATER AQUA</b> Lisa T	5.45pm 45min <b>SPIN</b> Scott		
	6.45pm 45min <b>LES MILLS BODYPUMP</b> Michelle G	6.45pm 45min <b>H.I.I.T</b> Zane	6.45pm 45min <b>LES MILLS BODYSTEP</b> Hannah	6.45pm 45min <b>YOGA</b> Kelliann			

### This week's information...

**SPIN** on Thursday at 6:15am will be replaced with **RPM** for this week due to instructor availability.

**PILATES** on Thursday at 7:15am will move to an 8:15am timeslot starting on 8<sup>th</sup> July.

**GRIT** on Friday at 10:30am will be replaced with **HIIT** for this week due to instructor availability.

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.