



GROUP FITNESS CLASS TIMETABLE

CHRISTMAS VACATION : SATURDAY 14 DECEMBER 2024 - FRIDAY 20 DECEMBER 2024

MONDAY

12.15-13.00	PILATES (SALLY)	STUDIO 1
12.30-13.15	SPIN 45 (FRASER)	STUDIO 4
17.15-18.00	YOGA (MOJGAN)	STUDIO 3
17.15-18.00	BODYPUMP (SUSAN)	STUDIO 1
18.15-18.45	SPIN 30 (KIM)	STUDIO 4
18.15-19.00	ZUMBA (SILVIA)	STUDIO 1

TUESDAY

07.30-8.15	SPIN 45 (SCOTT)	STUDIO 4
12.30-13.15	YOGA (KATE)	STUDIO 3
12.30-13.15	BODYPUMP (SCOTT)	STUDIO 1
18.15-19.00	YOGALATES (CLAIRE)	STUDIO 3
19.05-19.35	SPIN 30 (CLAIRE)	STUDIO 4

WEDNESDAY

07.30-08.15	YOGA (MOJGAN)	STUDIO 3
12.15-13.00	PILATES (SALLY)	STUDIO 1
12.30-13.15	SPIN 45 (CLAIRE)	STUDIO 4
17:00-17:30	SPIN 30 (SCOTT)	STUDIO 4
17.35-18.20	YOGA (MELINA)	STUDIO 3
17.40-18.25	BODYPUMP (SCOTT)	STUDIO 1

THURSDAY

07.30-8.00	SPIN 30 (SCOTT)	STUDIO 4
12.30-13.15	YOGA (KATE)	STUDIO 3
12.30-13.15	CONDITIONING (SCOTT)	STUDIO 1
17.10-17.55	PILATES (KIM)	STUDIO 1
17.30-18.00	SPIN 30 (CLAIRE)	STUDIO 4
18.10-18.55	YOGALATES (CLAIRE)	STUDIO 3

FRIDAY

12.05-12.45	SPIN 35 (FRASER)	STUDIO 4
12.45-13.30	YOGA (STEVE)	STUDIO 3

SATURDAY

09.30-10.00	SPIN 30 (SCOTT)	SPIN STUDIO
10.15-11.00	BODYPUMP (SCOTT)	STUDIO 1
11.05-11.35	STRETCH (SCOTT)	STUDIO 1

SUNDAY

09.30-10.00	SPIN 30 (KIM)	STUDIO 4
10.15-11.00	PILATES (KIM)	STUDIO 3



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