



STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am		Les Mills® GRIT Strength		5.45am - Les Mills BodyPump™ 45 mins	Les Mills® GRIT Strength		
6.00am	Les Mills® BodyPump 45 mins		HIIT 45 mins				
7.00am		BodyFit 45 mins - 7.30am			Mat Pilates - 7.15am		
8.00am	Mat Pilates		Yoga	BodyFit 45 mins	BodyFit 8.05am 45 mins	Les Mills BodyPump™ 45 mins	
9.00am	ABT	Les Mills BodyPump™ 60 mins			Body Conditioning 45 mins	Yoga	Les Mills BodyPump™ 45 mins
9.15am			Zumba	Les Mills BodyPump™ 45 mins			
10.00am	Yoga				Yoga		Yoga
10.15am		Mat Pilates		Mat Pilates		Mat Pilates	
11.00am	TRX+ - 11.15am		TRX+		Zumba Gold 11.15am		
12.15pm	Low-impact Exercise		Low-impact Exercise			Yoga 2:00pm	
4.15pm				Zumba			
4.30pm	XFIT 45 mins	Les Mills BodyPump™ 45 mins					
4.45pm			Mat Pilates				
5.30pm	Yoga 5:35pm	ABT		Les Mills® BodyPump 45 mins			
6.30pm		Stretch & Meditation		Yoga			

CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	RPM - 5.30am	RPM - 5.30am	Sprint - 5.15am	RPM - 5.30am	Sprint - 5.15am	Run, Sprint, Crunch - 6.05am	Sprint - 7.00am
	Sprint - 9.00am	Sprint - 9.15am	Sprint - 6.00am	Sprint- 8.45pm	Sprint - 6.00am	RPM - 7.05am	RPM - 8.00am
	RPM - 4.45pm	Sprint - 5.30pm	RPM - 9.00am	RPM - 4.30pm	RPM - 9.15am	Sprint - 8.30am	
			Sprint - 12.30pm	Sprint - 5.30pm	Sprint - 12.30pm		
			RPM - 5.30pm		RPM - 4.00pm		

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am	DWEX	Aqua Fit 20m Pool	DWEX	Aqua Fit 20m Pool	DWEX		
7.30am						DWEX	
9.00am		DWEX Intensive		DWEX Intensive			
10.15am	DWEX		DWEX		DWEX		
12.00pm	Aqua Zumba 20m Pool	Aqua Fit 20m Pool	Aqua Fit 20m Pool		Aqua Fit 20m Pool		
5.30pm		DWEX		DWEX			

GYM / OUTDOOR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		Boxing Circuit	Community Walking Gp	Community Walking Group			
8.30am						XFIT	
9.15am	HIIT 45 mins		HIIT 45 mins		HIIT 45 mins		
6.00pm		Running Club					

* Timetable subject to change and some charges may apply.
For the latest information check the Group Exercise Board,
speak to your instructor or call Reception on (07) 5500 9988.