






























# Group Fitness Timetable

STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.45am			 <b>STRENGTH &amp; TONING</b>			
6am	 <b>STRENGTH &amp; CONDITIONING</b>	 <b>CARDIO</b>		 <b>SPIN CYCLE</b>	 <b>GROUP PUNCH</b>	
6.30am			 <b>POWER STRETCH</b>			 <b>BOOT CAMP</b>
8.30am			 <b>LATIN LINE DANCING</b>			
9am	 <b>CIRCUIT</b>			 <b>CIRCUIT</b>	 <b>EXERCISE TO MUSIC</b>	
9.15am		 <b>WEIGHTS &amp; BALANCE</b>				
9.45am			 <b>TAI CHI</b>			 <b>TAI CHI</b>
10.10am	 <b>PRIME MOVERS</b>				 <b>PRIME MOVERS</b>	
10.30am		 <b>PRIME MOVERS</b>				
11.15am					 <b>PRIME LITE</b>	
1pm	 <b>LINE DANCING</b>				 <b>LINE DANCING</b>	
5pm	 <b>TAI CHI</b>					
6pm		 <b>SPIN CYCLE</b>	 <b>STRENGTH, GLUTES &amp; CORE CONDITIONING</b>	 <b>SPIN CYCLE</b>		
6.10pm	 <b>STEP PUMP</b>					

POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am		 <b>AQUA</b>		 <b>AQUA</b>		
5.30pm		 <b>AQUA AEROBICS</b>		 <b>AQUA AEROBICS</b>		

STAFFED	MONDAY – FRIDAY	SATURDAY	SATURDAY
Reception	5.30am – 7pm	6.30am – 5pm	12pm – 5pm