






























**GROUP FITNESS TIMETABLE EFFECTIVE 1<sup>st</sup> July, 2021**

| TIME     | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |  |   |
|----------|--|--|---|---|--|---|--|---|
| 6.30 AM  | <br>YOGA<br>(20)<br>LYNNE   | <br>CIRCUIT<br>(20)<br>LYNNE                            |   | <br>YOGA<br>(20)<br>JACKIE  | <br>CIRCUIT<br>(20)<br>LEE      | Please note start times   |  |   |
| 7:45 AM  | <br>BODYPUMP<br>(17)<br>PATSY   |  | <br>BODYPUMP<br>(17)<br>PATSY                  |   |  | 8.00am<br><br>YOGA<br>(20)<br>WOLFGANG                 |  |   |
| 9.00 AM  | <br>YOGALATES<br>(20)<br>CAROLYN<br>55 MINUTES  | <br>ZUMBA<br>(20)<br>NELLA<br>55 MINUTES                | <br>BODYBALANCE<br>(20)<br>PATSY<br>55 MINUTES | <br>BOOTY<br>BARRE (16)<br>CAROLYN<br>55MINS                               | <br>AQUA<br>(30)<br>LYNNE       | NOTE: 8:45<br>START<br><br>BODYPUMP<br>(17)<br>RACHAEL | <br>AQUA<br>(30)<br>CHERRYLE                        | 9:30 am<br> |
| 10.00 AM | <br>YOGALATES<br>(20)<br>CAROLYN  | <br>AQUA<br>(30)<br>CHERRYLE                          | <br>STRETCH<br>& FLEX<br>(20)<br>LYNNE       | <br>(30)<br>AQUA<br>CAROLYN  | <br>CHIBALL<br>(16)<br>CHERRYLE | <br>YOGALATES<br>(20)<br>CAROLYN                      | <br>BODY<br>BALANCE<br>(20)<br>PATSY<br>55 MINUTES | CIRCUIT<br>(20)<br>INSTRUCTOR OF<br>THE DAY   |
| 11.00 AM | <br>AQUA<br>(30)<br>JANINE  |  |   |   |  | <br>CHIBALL<br>(16)<br>CHERRYLE                      | Please note: **<br>denotes an additional<br>fee for this class   |   |
| 5.15 PM  | <br>STRETCH &<br>FLEX (20)<br>LYNNE   | <br>MOVEMENT,<br>STRENGTH,<br>BALANCE<br>(20)<br>MATT | <br>YOGA<br>(20)<br>Lynne                    | CLASS<br>STARTS AT<br>5PM<br><br>BELLY DANCING**<br>Helena<br>0451063731 |  |   |  |   |
|          | <br>4:30 &<br>5.30PM<br>WATER<br>CYCLE**<br>BOOK ONLINE /<br>CALL ANITA<br>0452062412 |  |   |   |  |   |  |   |