















































































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>Aerotone</b> 09:30am Studio 1</p>	 <p><b>Fitness Pilates</b> 08:30am Studio 2</p>	 <p><b>Yoga</b> 09:00am Studio 2</p>	 <p><b>Body Combat</b> 09:25am Studio 1</p>	 <p><b>Legs, Bums and Tums</b> 09:15am Studio 2</p>	 <p><b>Body Pump</b> 09:00am Studio 1</p>	 <p><b>Les Mills Body Balance</b> 09:00am Studio 1</p>
 <p><b>Aqua</b> 09:30am Pool</p>	 <p><b>Fitness Pilates</b> 09:25am Studio 2</p>	 <p><b>Body Conditioning</b> 09:30am Studio 1</p>	 <p><b>Pilates</b> 09:25am Studio 2</p>	 <p><b>Group Cycle</b> 09:30am Spin Studio</p>	 <p><b>Group Cycle</b> 09:15am Spin Studio</p>	 <p><b>Group Cycle</b> 09:00am Spin Studio</p>
 <p><b>Group Cycle</b> 09:30am Spin Studio</p>	 <p><b>Group Cycle</b> 09:30am Spin Studio</p>	 <p><b>Group Cycle</b> 09:30am Spin Studio</p>	 <p><b>Group Cycle</b> 09:30am Spin Studio</p>	 <p><b>Body Combat</b> 09:30am Studio 1</p>	 <p><b>Aerotone</b> 10:00am Studio 1</p>	 <p><b>Yoga</b> 10:00am Studio 2</p>
 <p><b>Group Cycle</b> 10:20am Spin Studio</p>	 <p><b>Aerotone</b> 09:30am Studio 1</p>	 <p><b>Aqua</b> 10:00am Pool</p>	 <p><b>Aqua</b> 10:15am Pool</p>	 <p><b>Aqua</b> 10:15am Pool</p>	 <p><b>Les Mills Body Balance</b> 11:00am Studio 1</p>	 <p><b>Body Pump</b> 10:00am Studio 1</p>
 <p><b>Body Conditioning</b> 10:20am Studio 1</p>	 <p><b>Aqua</b> 10:15am Pool</p>	 <p><b>Group Cycle</b> 10:20am Spin Studio</p>	 <p><b>Group Cycle</b> 10:20am Spin Studio</p>	 <p><b>Body Pump</b> 10:20am Studio 1</p>		
 <p><b>Pilates</b> 10:30am Studio 2</p>	 <p><b>Body Pump</b> 10:25am Studio 1</p>	 <p><b>Aerotone</b> 10:20am Studio 2</p>	 <p><b>Les Mills Body Balance</b> 10:30am Studio 1</p>	 <p><b>Yoga</b> 10:20am Studio 2</p>		
 <p><b>HIIT</b> 10:50am Studio 3</p>	 <p><b>Body Conditioning</b> 10:30am Studio 2</p>	 <p><b>Boxercise</b> 10:20am Studio 1</p>	 <p><b>Total Body Workout</b> 11:20am Studio 1</p>	 <p><b>Group Cycle</b> 10:20am Spin Studio</p>		
 <p><b>Yoga</b> 11:30am Studio 1</p>	 <p><b>Dance Fit</b> 11:30am Studio 2</p>	 <p><b>Pilates</b> 11:15am Studio 1</p>	 <p><b>Zumba Gold</b> 13:00pm Studio 1</p>	 <p><b>Les Mills Body Balance</b> 11:30am Studio 2</p>		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>Pilates</b> 13:30pm Studio 1</p>	 <p><b>Yoga</b> 12:35pm Studio 1</p>	 <p><b>Functional Circuits</b> 11:15am Studio 2</p>	 <p><b>Aqua</b> 14:00pm Pool</p>	 <p><b>Pilates</b> 12:35pm Studio 2</p>		
 <p><b>Aqua</b> 15:00pm Pool</p>	 <p><b>Zumba Gold</b> 12:35pm Studio 2</p>	 <p><b>Yoga</b> 12:35pm Studio 1</p>	 <p><b>Body Attack</b> 18:00pm Studio 1</p>	 <p><b>Prime Movers</b> 12:35pm Studio 1</p>		
 <p><b>Body Combat</b> 18:00pm Studio 1</p>	 <p><b>Pilates</b> 13:35pm Studio 1</p>	 <p><b>Zumba Gold</b> 12:35pm Studio 2</p>	 <p><b>Body Combat</b> 18:30pm Studio 1</p>	 <p><b>Stretch &amp; Tone</b> 13:30pm Studio 1</p>		
 <p><b>Les Mills Body Balance</b> 18:00pm Studio 2</p>	 <p><b>Group Cycle</b> 16:45pm Spin Studio</p>	 <p><b>Pilates</b> 13:30pm Studio 2</p>	 <p><b>Group Cycle</b> 18:35pm Spin Studio</p>	 <p><b>Yoga</b> 13:30pm Studio 2</p>		
 <p><b>Body Pump</b> 18:55pm Studio 1</p>	 <p><b>Group Cycle</b> 17:45pm Spin Studio</p>	 <p><b>Group Cycle</b> 17:45pm Spin Studio</p>	 <p><b>Aqua</b> 19:10pm Pool</p>	 <p><b>Boxercise</b> 18:00pm Studio 1</p>		
	 <p><b>HIIT</b> 18:00pm Studio 1</p>	 <p><b>Boxercise</b> 18:00pm Studio 1</p>				
	 <p><b>Yoga</b> 18:50pm Studio 1</p>	 <p><b>Les Mills Body Balance</b> 18:00pm Studio 2</p>				
		 <p><b>Body Pump</b> 18:50pm Studio 1</p>				

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**Core  
Conditioning**

19:35pm

Studio 1

Valid from 20/06/2022 to 24/06/2022.