

ENGADINE LEISURE CENTRE

Group fitness and aqua timetable

Monday 27th February - Sunday 1st April 2012

Week 1: 27/02/12 – 04/03/12
 Week 2: 05/03/12 – 11/03/12
 Week 3: 12/03/12 – 18/03/12
 Week 4: 19/03/12 – 25/03/12
 Week 5: 26/03/12 – 01/04/12



Warning: class attendance low – may need to change timeslot – bring a friend

Seniors Week 19th – 25th March (week 4). Free 11.30am Lite X-trainer circuit Wednesday 21st March and 10am Deep Water Friday 23rd March. Free seniors morning tea Friday 23rd March 11am.
 RPM launch Saturday 31st March 9.30am.

All classes 55 minutes EXCEPT those shaded grey which are 45 minutes.

	AEROBIC								
	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
AEROBIC	5.45am	BOXING Jenny H 1,2,3,5 Nick 4	Power Hour/Circuit Raelene	PUMP Julie BP 1 Christie 2,3,4,5		Power Hour/Circuit Lisa	8.00am	PUMP Tech Wk 2 only Anghela B	
	8.30am						8.30am	PUMP Nel 1,3 Anghela B 2 Lachlan 4,5	BODY STEP Linda 1,5 Geri 2,4 Natalie 3
	9.30am	PUMP Julie BP	Total Burn Lachlan 1 Debby 2,3,4,5	BODY STEP Geri	Power Hour Lachlan	PUMP Carmen	9.30am	BOXING Nel 1,3 Jenny H 2 Lachlan 4,5	PUMP Linda 1,5 Geri 2,4 Anghela B 3
	10.30am	PILATES Robyn	PUMP Lachlan 1 Christie 2,3,4,5	BOXING Geri	Body Balance Lachlan	ZUMBA Brigid	10.30am	Body Balance Renee	
	11.30am	Lite X Trainer Circuit Robyn	Tai Chi Beginners Annie	Lite X Trainer Circuit Geri		Tai Chi In depth Annie			
	5.30pm	Power Hour Ashley	PUMP Eva						
	6.30pm	ZUMBA Keoni	BOXING Ben	Total Burn Natalie	PUMP Nick				
	7.30pm	PUMP Nel	BODY STEP Linda 1 Mel 2,3 Liz 4,5	Body Balance Renee	BOXING Nick				
AQUA	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
	8.00am	Deep Debby 1 Annie 2							
	10.00am	Deep Annie 3,4,5		Deep Jenny H 1 Annie 2,3,4,5		Deep Margaret	8.30am	Deep Annie	
7.00pm		 Deep Cancelled due to no attendance							

	SPIN								
	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
SPIN	5.45am		F/S or RPM Rachelle 1,2,4,5 Debby 3		F/S or RPM Deb R				
	9.30am		F/S or RPM Ruth 1 Christie 2,3,4,5	F/S or RPM Rachelle 1,3,4,5 Debby 2	F/S or RPM Eva 1,2,3 Debby 4,5		9.30am	F/S or RPM Rachel	
	10.30am	F/S or RPM Debby				F/S or RPM Ruth			
	5.45pm	F/S or RPM Rachelle 1 Rachel 2,3,4,5		F/S or RPM Eva					
	6.45pm		F/S or RPM Lachlan 1,4,5 Pam 2 Barbara 3		F/S or RPM Barbara 1,2,3 Pam 4,5				

