### Aerobic Timetable

**Weekday** | **Mon** | **Tues** | **Wed** | **Thur** | **Fri** | **Weekend** | **Sat** | **Sun**
---|---|---|---|---|---|---|---|---
5.35am | | | | | | | | 7.45am METAPWR (30 mins) Joanna/Mitch
5.45am | BOXING | POWER HOUR | PUMP | TRX | | 7.30am | | |
5.45am | Jen H | Christie | Deb | Rebecca | | | | |
6.05am | METAPWR (30 mins) Lachlan | | | | | | | |
9.00am | PUMP (30 mins) Joanna | SENIORS TRX Joanna | | | | | | |
9.30am | PUMP Christie | METAPWR (30 mins) Lachlan | POWER HOUR Geri | PUMP Julie BP/Eva | | 9.30am | BOATING Rachelle/Rebecca |
9.30am | TRX Belinda T | BODY STEP Verity | | | | | | |
10.00am | YOGA Megan | | | | | | | |
10.30am | PILATES Nick | TRX 30 min Brigid | BOXING Alison | BODY BALANCE Deb | PILATES Judy | 10.30am | BODY BALANCE Lachlan |
11.30am | LITE F/S CIRCUIT Alison | | | | | | | TAI CHI Stephen
5.45pm | TRX 30 min | | | | | | |
5.30pm | METAPWR (30 mins) Brad | | | | | | |
6.00pm | METAPWR (30 mins) Brad | | | | | | |
6.30pm | POWER HOUR Lachlan | BOXING Barbara/Rachelle | PUMP Brad | BOXING Jen H | | | |
7.30pm | PUMP Lachlan | PILATES Rebecca | BODY BALANCE Lachlan | PILATES Ola | | | | |

### AQUA Timetable

**Weekday** | **Mon** | **Tues** | **Wed** | **Thur** | **Fri** | **Weekend** | **Sat** | **Sun**
---|---|---|---|---|---|---|---|---
9/10am | 9am DEEP Rebecca | | | | | 8.30am | 8.30am DEEP Rebecca |
9/10am | 10am DEEP Margaret | 10am DEEP Margaret | | | | | |
9/10am | 10am DEEP Margaret | | | | | | |

### Spin Timetable

**Weekday** | **Mon** | **Tues** | **Wed** | **Thur** | **Fri** | **Weekend** | **Sat** | **Sun**
---|---|---|---|---|---|---|---|---
5.45am | F/S or RPM Emma W | | | | | 8.30am | F/S Rachelle |
9.30am | F/S or RPM Brigid | F/S Alison | | | | 9.30am | F/S or RPM Lachlan |
10.30am | F/S or RPM Christie | | | | | | |
5.45pm | F/S or RPM Lachlan/Keoni | | | | | | |
6.15pm | F/S or RPM Lachlan/Barbara | RPM Jen H | | | | | |

*Power Hour class may involve 10 mins of outdoor activity in some sessions.
Min of 3 participants to hold a timetabled class. Management reserves the right to change style of class without notice in emergency situations.

Warning: Class attendance low – may need to cancel – bring a friend