## AEROBIC

### Weekday

**Mon** | **Tues** | **Wed** | **Thur** | **Fri** | **Weekend** | **Sat** | **Sun**
--- | --- | --- | --- | --- | --- | --- | ---
5.35am | 5.45am | 6.05am | 9.00am | 9.30am | 9.30am | 10.00am | 10.30am

<table>
<thead>
<tr>
<th><strong>Boxing</strong></th>
<th><strong>Power Hour</strong></th>
<th><strong>Pump</strong></th>
<th><strong>Trx</strong></th>
<th><strong>Metapwr</strong></th>
<th><strong>Pump</strong></th>
<th><strong>Boxing</strong></th>
<th><strong>Pump</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Jen H</td>
<td>Christie</td>
<td>Deb</td>
<td>Rebecca</td>
<td>Lachlan</td>
<td>Julie/Eva</td>
<td>Rachelle/Rebecca</td>
<td>Geri</td>
</tr>
</tbody>
</table>

### Weekend

**Sat** 7.45am 8.30am 9.30am 9.30am 10.30am

**Sun** OGT  PUMP  BOXING  PUMP  BODY BALANCE

**Mon** | **Tues** | **Wed** | **Thur** | **Fri** | **Weekend** | **Sat** | **Sun**
--- | --- | --- | --- | --- | --- | --- | ---
5.35am | 5.45am | 6.05am | 9.00am | 9.30am | 9.30am | 10.00am | 10.30am

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<td>Jen H</td>
<td>Christie</td>
<td>Deb</td>
<td>Rebecca</td>
<td>Lachlan</td>
<td>Julie/Eva</td>
<td>Rachelle/Rebecca</td>
<td>Geri</td>
</tr>
</tbody>
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### Weekend

**Sat** 7.45am 8.30am 9.30am 9.30am 10.30am

**Sun** OGT  PUMP  BOXING  PUMP  BODY BALANCE

## AQUA

### Weekday

**Mon** | **Tues** | **Wed** | **Thur** | **Fri** | **Weekend** | **Sat** | **Sun**
--- | --- | --- | --- | --- | --- | --- | ---
9/10am | 9am Deep | 10am Deep | 10am Deep | 10am Deep | 8.30am | 8.30am | Deep

<table>
<thead>
<tr>
<th><strong>Pump</strong></th>
<th><strong>Deep</strong></th>
<th><strong>Pilates</strong></th>
<th><strong>Boxing</strong></th>
<th><strong>Body Balance</strong></th>
<th><strong>Pilates</strong></th>
<th><strong>Boxing</strong></th>
<th><strong>Pilates</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Lachlan</td>
<td>Rebecca</td>
<td>Lachlan</td>
<td>Barbara/Rachelle</td>
<td>Lachlan</td>
<td>Ola</td>
<td>Lachlan</td>
<td>Lachlan</td>
</tr>
</tbody>
</table>

### Weekend

**Sat** 8.30am 8.30am Deep

**Sun** Rebecca

## SPIN

### Weekday

**Mon** | **Tues** | **Wed** | **Thur** | **Fri** | **Weekend** | **Sat** | **Sun**
--- | --- | --- | --- | --- | --- | --- | ---
5.45am | 9.30am | 10.30am | 5.45pm | 6.15pm | 8.30am | 9.30am | FIS or RPM

<table>
<thead>
<tr>
<th><strong>FIS or RPM</strong></th>
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<th><strong>FIS or RPM</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Emma W</td>
<td>Deb</td>
<td>Alison</td>
<td>Christie</td>
<td>Lachlan/Keoni</td>
<td>Rachelle</td>
<td>Lachlan</td>
<td>Jen H</td>
</tr>
</tbody>
</table>

### Weekend

**Sat** FIS or RPM

**Sun** Lachlan

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*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.

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

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