

SUTHERLAND GROUP FITNESS AND AQUA TIMETABLE

Monday 30th January – Sun 26th February, 2012

Sutherland Shire
COUNCIL



Week 1: 30/01/12 – 05/02/12
Week 2: 06/02/12 – 12/02/12
Week 3: 13/02/12 – 19/02/12
Week 4: 20/02/12 – 26/02/12

Note: Wednesday 6.30pm Boxing returns. **NEW** 30 minute Circuit express Thursday 12.15pm. Saturday 7.15am Spin returns for Feb, please support it if you want this class to remain on timetable.

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

	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
	AEROBIC	6:00am	Body Attack Karen 1,3 Alex 2,4	PUMP Deb R	Power Hour Natalie 1,3 Karen 2,4	BOXING Jenny H	PUMP Therese 1,2,3 Christie 4	7:00am	<u>Yoga</u> Megan
8:15am		Body Balance Lachlan	MASTERS PUMP Linda 1,2 Sharon 3,4	Low Impact Alex 1,2 Sharon 3,4	BODY STEP Carmen	ZUMBA Liz	8:30am	HiLo Liz 1,3,4 Natalie 2	Body Attack Barbara 1 Karen 2,4 Keoni 3
9:15am		Power Hour Alex & Lachlan	BODY STEP Linda	Body Attack Alex	PUMP Christie	HiLo Liz	9:30am	PUMP Linda 1,3,4 Julie BP 2	Body Combat Anghela B 1,2 Julie G 3,4
10:15am		BODY STEP Geri	PUMP Julie G	Body Balance Deb R	ZUMBA Brigid	PUMP Deb R	10:30am	BODY STEP Linda 1,3,4 Natalie 2	
11:15am			Body Balance LJ		Body Balance Judy				
12:15pm		PUMP Lachlan	PILATES Judy	PUMP Geri		Body Balance Judy			
		2.15pm M.I.T Megan 1,3 Deb R 2,4					4:00pm		PUMI² Tech
4:30pm		PUMP Linda	Body Attack Keoni 1 Melinda 2,3,4	BODY STEP Geri	Power Hour Ashley	PUMP Melinda 1,2 Sharon 3,4	4:30pm	ZUMBA Brigid 1,2 Keoni 3,4	PUMP Lachlan 1,2 Julie G 3 Anghela B 4
5:30pm		HiLo Ben 1,3 Alex 2,4	PUMP Melinda	Body Combat Jo	Body Attack Alex 1,2 Keoni 3,4	ZUMBA Brigid 1 Julie BP 2 Keoni 3,4	5:30pm	Body Balance LJ	Body Balance Lachlan 1,2 Jen C 3,4
6:30pm		Body Combat Barbara	ZUMBA Keoni	Body Attack Barbara	PUMP Alex	Body Balance LJ			
7:30pm	<u>Yoga</u> LJ	Body Balance Renee	PUMP Angela M	PILATES Robyn					
SPIN	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
	5.45am/ 6.00am	5.45am F/S or RPM Lisa 1,2,4 Deb R 3	6am F/S or RPM Emma H	5.45am F/S or RPM Nick	6am F/S or RPM Karen	5.45am F/S or RPM Deb R	7:15am	F/S or RPM 1 HR Lisa 1,3 Karen 2,4	
	8:15am	Gentle freestyle Brigid				Gentle freestyle Ruth	8:15am		F/S or RPM 1 HR Emma W 1 Barbara 2,3 Susan 4
	9:15am	F/S or RPM Geri	RPM Ruth	F/S or RPM Deb R	F/S or RPM Brigid	F/S or RPM Christie	9:15am	F/S or RPM Ruth	
	10:15am	F/S or RPM Ruth		F/S or RPM Geri					
	11:15am		F/S or RPM Nick 1,2 Sharon 3,4						
	12:15pm					30 min F/S Susan			
	4:15pm	F/S or RPM Susan 1,2 Sharon 3,4		F/S or RPM Christie		F/S or RPM Emma W	4:15pm	F/S or RPM Barbara	
	5:15pm		F/S or RPM Therese 1,2,3 Nick 4		F/S or RPM Melinda				
6:15pm	RPM Therese 1,2,3 Emma W 4	F/S or RPM Karen	F/S or RPM Emma W						
7:15pm	F/S or RPM Emma W 1 Karen 2,4 Lisa 3								

CIRCUIT	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
	6:00am	<u>Yoga</u> Megan	Karen	Emma H	Pam	Natalie	7.30am	Emma H	Lisa
	8:30am	Mid Pace Ruth	Gentle/Beginners Aerobics Alex	Light Pam	Fitball Lite LJ	Body Balance Beginner Options Deb R	8.30am	Light Lisa 1,3 Barbara 2,4	
	9:30am	Brigid	Ben	Christie	Ashley	Judy	9.30am	Natalie	
	10:30am	Gentle Nel	Light Ruth	Mid Pace Jenny H	Light Pam	Mid Pace Judy			
	11.30am					Gentle Irene			
	12:15pm				NEW 30 min express Christie				
	2.15pm				M.I.T. Therese 1 Ruth 3				
	4.30pm	Alex	Ben	Pam	Julie BP	Ashley	4.00pm	Julie BP	Ben 1,2 Jen C 3,4
	5.30pm	Linda	Ashley	Keoni	Julie BP	Ben	5.00pm	Body Balance Technique LJ 1,3	
6.30pm	Ashley	Ben	<u>Yoga</u> Megan	Natalie					
7.30pm	Fitball Jen C 1,3 Robyn 2,4	Keoni	Lisa						
AQUA	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
	6:00am		Power Alex		Power Sue K		7.00am	Power Barbara	
	8:00am	Senior Susan	Senior Brigid	Senior Deb R	Senior Pam 1,2 Sharon 3,4		8.00am	Combo Ruth	Power Susan 1,2,3 Sue K 4
	8.00am	Deep LJ	Deep Deb R	Deep Judy	Deep Robyn	Deep Brigid			
	9:30am	Power Robyn	Power Alex 1,2 Sharon 3,4	Interval Ruth		Power Brigid	9.00am	Deep Athletic LJ 1,2 Emma W 3 Pam 4	Deep Pam
	9.30 am	Deep Athletic Nel	Deep Geri	Deep Jenny H	Deep Emma W	Deep Athletic Ruth			
	10:30am	Gentle Brigid	Gentle Geri	Gentle Judy	Gentle Emma W	Gentle Ruth			
	10.30am	Deep Alex		Deep Ruth		Deep Irene			
	11.30am	Aqua Rehab Margaret			Aqua Rehab Margaret				
	12.30pm	P.I.C. Margaret							
2.15pm				M.I.T Therese 2 Susan 4					
6.30pm		Power Ashley	Deep Ashley	Combo Susan					
7.30pm	Power Pam								
BOX	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
	9:15am		CARDIOBOX Nel		Pam		9.30am	CARDIOBOX Nick	
6:30pm	Alex		NEW Alex						

Management reserves the right to change style of class without notice in emergency situations.
Minimum of 3 participants to hold a timetabled class.

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