

NEW CLASS – Friday 11.45am Gentle exercise. A big welcome to new instructor Asha

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

| | Weekday | Mon | Tue | Wed | Thu | Fri | Weekend | Sat | Sun |
|-------------|----------------|------------------------|---------------------------|-------------------------|---------------------|-----------------------------|----------------------|-----------------------|-----|
| | AEROBIC | 5.35am | | | | | METAFIT(30) Mitch | | |
| 5.45am | | BOXING Jen H | POWER HOUR Christie | PUMP Deb | | | | | |
| 6.05am | | | | | | METAPWR(30) Mitch | 7.30am | TRX Rebecca | |
| 8.15am | | | | | | | 8.15am | PUMP Lachlan D | |
| 9.00am | | | METAFIT (30) Kim | SENIORS TRX Rebecca | | | | | |
| 9.30am | | PUMP 45 Christie | METAPWR (30) Kim | TABATA Matt | POWER 45 * Geri | PUMP Brad | 9.30am | BOXING Barbara | |
| 9.30am | | TRX Belinda | | | | | | | |
| 10.30am | | | YOGA Megan | | | | | | |
| 10.30am | | | TRX Brigid | BOXING Asha | BODY BALANCE Deb | | | | |
| 10.45am | | PILATES Robyn | | | | PILATES Judy | | | |
| 11.30am | | | | GENTLE EXERCISE Asha | | NEW | | | |
| 11.45am | | | | | | GENTLE EXERCISE Michelle | | | |
| 5.00pm | | | | METAFIT (30) Brad | | | | | |
| 5.15pm | | | | TRX Jen H | | | | | |
| 5.30pm | | | TABATA Rebecca | METAFIT (30) Brad | | | | | |
| 6.00pm | | | | PUMP Brad | | | | | |
| 6.30pm | | | BOXING Rebecca | | BOXING Rebecca | | | | |
| 7.15pm | | PUMP Kristina | | | | | | | |
| 7.30pm | | PILATES Rebecca | BODY BALANCE Lachlan D | PILATES Rebecca | | | | | |
| AQUA | Weekday | Mon | Tue | Wed | Thu | Fri | Weekend | Sat | Sun |
| | 8.00am | DEEP Megan | | DEEP Rebecca | | DEEP Natasha | 8.30am | DEEP Rebecca | |
| SPIN | Weekday | Mon | Tue | Wed | Thu | Fri | Weekend | Sat | Sun |
| | 5.45am | | F/S or RPM Emma W | | F/S or RPM Deb | | 8.30am | F/S or RPM Barbara | |
| | 9.30am | | F/S or RPM Brigid | F/S or RPM Asha | | | | | |
| | 10.30am | F/S or RPM Christie | | | | | | | |
| | 5.45pm | | | | | | | | |
| 6.15pm | | | F/S or RPM Jen H | | | | | | |

*Power 45 class may involve 10 mins of outdoor activity in some sessions.
Management reserves the right to change style of class without notice in emergency situations