

Please note: Time change Thursday 5.15pm Yoga & 6.15pm Pump. Note: Saturday 4pm FX & Sunday Metafit is back.
A big welcome to our new instructors Ada –Yoga, Karina - FX & Marina - Metafit

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

	Weekday	Mon	Tue	Wed	Thu	Fri	Weekend	Sat	Sun
	AEROBIC STUDIO	5:45am		PUMP Julie BP			PUMP Julie BP	7.00am	YOGA Megan
6.00am		YOGA Ada		POWER HOUR Kim	BOXING Brigid				
8.00am			MASTERS PUMP Deb		POWER HOUR Julie G	RHYTHM FIT Brigid	8.00am	RHYTHM FIT Keoni	BODY ATTACK Tanya
8.15am		BODY BALANCE Emma W		PILATES Judy					
9:00am						METAFIT (30) Brigid	9.00am	BODY STEP Keoni	PUMP Tanya
9.15am		POWER HOUR Keoni	BODY STEP Geri	BODY ATTACK Keoni	PUMP Julie G				
9.30am						METAPWR (30) Brigid			
10:15am				BODY BALANCE Deb			10.15am	PUMP Geri	
10.30am		BODY STEP Keoni	PUMP Geri			RHYTHM FIT Brigid			
11:15am				RHYTHM FIT Gilson					
11.30am					BODY BALANCE Emma W				
11.45am			BODY BALANCE Judy						
12.15pm		PUMP Julie G			PUMP Kerrie		BODY BALANCE Judy		
12.30pm						METAFIT (30) Mel H			
12.45pm			PILATES Judy						
2.15pm		YOGA Megan						3.30pm	PUMP TECH Verity
4.00pm					METAFIT (30) Geri				
4.15pm		PUMP Julie BP						4.00pm	PUMP Verity
4.30pm					METAPWR (30) Geri		PUMP Kerrie	5.15pm	BODY BALANCE Verity
5.15pm			PUMP Jac			YOGA Ada			
5.30pm		METAFIT (30) Mitch							
6.00pm		METAFIT (30) Mitch							
6.15pm						PUMP Kerrie			
6.30pm		BOXING Barbara	RHYTHM FIT Brigid	YOGA Saskia			BRAZILIAN SOCIAL DANCE Gilson		
7.30pm		YOGA Saskia	BODY BALANCE Jac	PUMP Julie G	PILATES Emma W				

CIRCUIT STUDIO	Weekday	Mon	Tue	Wed	Thu	Fri	Weekend	Sat	Sun
	6.00am	FX Brigid	CIRCUIT Julie G	FX Mitch	CIRCUIT Karen W	CIRCUIT Emma H	7.00am	CIRCUIT Geri	
	8.15am	MID PACE Jen H	TAI CHI Anghela	LIGHT Julie BP	MID PACE Ruth	BODY BALANCE Emma W	7.30am		CIRCUIT Jo
	9.15am	CIRCUIT Brigid	CIRCUIT Ruth	CIRCUIT Julie BP	CIRCUIT Emma W	CIRCUIT Matt	8.15am	LIGHT Geri	
	10.30am	GENTLE Emma W	LIGHT Ruth	MID PACE Julie BP	LIGHT Rebecca	MID PACE Rebecca	9.00am		METAFIT/ABS Marina
	11.30am					GENTLE Kim	9.15am	FX Geri	
	2.30pm				XTC Matt				
	4.30pm	CIRCUIT Julie G	FX Mel H	CIRCUIT Rebecca	CIRCUIT Keoni	CIRCUIT Jo	10.00am		PILATES Rebecca
	5.45pm	CIRCUIT Julie G	CIRCUIT Matt	CIRCUIT Karen W	FX Matt		4.00pm	FX Karina	CIRCUIT Julie G
	7.00pm	FX Mitch	METAFIT(30) Mitch	FX Matt					
7.30pm		METAFIT(30) Mitch							
AQUA	Weekday	Mon	Tue	Wed	Thu	Fri	Weekend	Sat	Sun
	6:00am		POWER Eve				7.00am	POWER Barbara	
	7.00am	SENIOR Brigid				SENIOR Belinda			
	8.00am	SENIOR Brigid	SENIOR Ruth	SENIOR Tatiana	SENIOR Brigid	SENIOR Rebecca	8.00am	POWER Judy	POWER Rebecca
	8.15am	DEEP Geri	DEEP Geri		DEEP Tatiana	DEEP Belinda			
	9.30am	POWER Emma W	POWER Karen R	INTERVAL Ruth		POWER Ruth	9.00am	DEEP Judy	DEEP Rebecca
	9.30am	DEEP Jen H	DEEP Emma W	DEEP Judy	DEEP Ruth	DEEP Rebecca			
	10.30am	DEEP Geri		DEEP Karen R		DEEP Ruth			
	10:30am	GENTLE Tatiana	GENTLE Karen R	GENTLE Judy	GENTLE Emma W	GENTLE Michelle			
	11.30am	AQUA REHAB Margaret		AQUA REHAB Margaret					
6.30pm		POWER Jac	DEEP Karen R	POWER Robyn					
SPIN STUDIO	Weekday	Mon	Tue	Wed	Thu	Fri	Weekend	Sat	Sun
	5.45am	FS or RPM Deb		FS or RPM Keoni		FS or RPM Christie			
	6.00am		FS or RPM Karen		FS or RPM Emma H				
	7.00am	FS or RPM Jen H							
	8.15am	GENTLE F/S Brad		FS or RPM Ruth		GENTLE F/S Ruth	8.00am		FS or RPM (1 HR) Barbara
	9.15am	FS or RPM Geri	FS or RPM Christie	FS or RPM Deb	FS or RPM Brigid	FS or RPM Emma W	9.15am	FS or RPM Anghela	
	12.15pm		FS or RPM Deb						
	4.30pm	FS or RPM Emma W					4.00pm	FS or RPM Kristina	
	5.15pm			FS or RPM Geri	FS or RPM Brad				
	5.45pm	FS or RPM Keoni	FS or RPM Barbara						
6.30pm									
7.00pm			FS or RPM Karen						

* Power 45 class may involve 10 minutes of outdoor activity in some sessions.

Management reserves the right to change style of class without notice in emergency situations.