

CLASS TIMETABLE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|-------------------------------|---|-------------------------------|-------------------------------|-------------------------------------|
| | 6.00am RPM* Kris | 5:45am Shred Amanda | 5:45m Rev It Up Kris | 5:45am Shred Amanda | 7.00am Circuit Sophia |
| 7.15am Pilates CJ | | 7.15am Body Balance* Sonya | | 7.15am Pilates Eugine | |
| 8.30am Body Pump* Emma | 8.30am RPM/Core* Amanda | 8.30am Body Shread Amanda | 8.30am Cycle X Train CJ | 8.30am Body Pump* Nicky | 8.30am Body Pump* Amanda/Emma |
| 9.30am Step Zumba Gin | 9.30am Body Sculpt CJ | 9.30am Zumba Virginia | 9.30am Cardio Box Naomi | 9.30am Zumba Virginia | 9.30am RPM Amanda/Emma |
| | | | | | |
| 5.30pm Body Pump* Kyleen | | | 5:30pm Body Pump* Emma | | |
| 6.30pm Rev It Up Kris | | 6.00pm Body Pump* Emma 6.00pm RPM-HP* Emma | | | |

*Les Mills Classes

YOGA STUDIO

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------|-----------------------------------|-------------------------|--------------------------------------|--------------------------|---------------------------|
| 8.30am Yoga Linda | | 8.30am Yoga Linda | | 8.30am Yoga Kellie | 7.00am Yoga Pauline |
| 9.30am 'Beginners' Yoga Kellie | 9.30am Body Balance* Angela | | 9.30am Pilates Eugine | 9.30am Yoga Kellie | |
| | | | 10.30am 'Beginners' Yoga Linda | | |
| | 6.00pm Yoga Pauline | 6.00pm Yoga CJ | | | |

WATER WORKOUTS

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|---|
| 8.30am InterContinental Aqua Eugine | 8.30am Country Club H ₂ O Fitness Naomi | 8.30am InterContinental Aqua Naomi | 8.30am Country Club H ₂ O Fitness Eugine | 8.30am InterContinental Aqua Johanna | 8.30am Country Club H ₂ O Fitness Johanna |