

# GROUP FITNESS CLASSES

## TIMETABLE

From 1st October  
2024

		MON	TUES	WED	THURS	FRI
MAIN STUDIO	6:15am					<b>BODYBALANCE</b> 45min (Margie)
	8:30am	<b>Active Longer Strength</b> 45min (Luke)	<b>All Abilities Dance</b> 45min (Therese)	<b>Active Longer Aerobics</b> 45min (Margie)	<b>Active Longer Circuit</b> 45min (Abby)	<b>BODYBALANCE</b> 45min (Margie)
	9:30am			<b>BODYPUMP</b> 60min (Tara)		<b>BODYPUMP</b> 60min (Tara)
	10:45am			<b>Senior Strength</b> 30min (Abby)		
	4:30pm	<b>BODYBALANCE</b> 45min (Margie)				
	5:30pm	<b>BODYPUMP</b> 60min (Karen)	<b>BODYSTEP</b> 60min (Leanne)	<b>Stretch &amp; Core</b> 45min (Tara)	<b>BODYPUMP</b> 60min (Karen)	
GYM FLOOR	6:15am	<b>Functional Training</b> 30min (Luke)	<b>Aerobic Training</b> 30min (Margie)	<b>Strength Training</b> 30min (Margie)	<b>Aerobic Training</b> 30min (Abby)	
	3:30pm	<b>Teen Gym</b> (Abby)	<b>Teen Gym</b> (Abby)	<b>Teen Gym</b> (Luke)		
	4:00pm	<b>Functional Training</b> 30 min (Abby)	<b>Aerobic Training</b> 30 min (Abby)	<b>Strength Training</b> 30 min (Luke)		
WELLNESS	5:30pm				<b>Gentle Yoga</b> 45min (Justine)	
AQUA	7:30am			<b>AQUA</b> 45min (Margie)		<b>AQUA</b> 45min (Margie)
	9:30am	<b>AQUA</b> 45min (Margie)	<b>AQUA</b> 45min (Therese)		<b>AQUA</b> 45min (Margie)	
	10:30am			<b>GENTLE AQUA</b> 45min (Margie)		

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.