

GROUP FITNESS CLASSES

TIMETABLE

From 15 Sept
2025

		MON	TUES	WED	THURS	FRI
MAIN STUDIO	6:15am					BODYBALANCE 45min (Margie)
	8:30am	Functional Strength 45min (Abby)	Prime Fusion 45min (Margie)	Hi-Low Aerobics 45min (Margie)	Circuit 45min (Abby)	LES MILLS PILATES 45min (Margie)
	9:30am		BODYPUMP 60min (Tara)		BODYPUMP 60min (Tara)	
	10:45am					
	4:30pm	BODYBALANCE 45min (Margie)	LES MILLS PILATES 45 min (Abby)			
	5:30pm	BODYPUMP 60min (Karen)	BODYSTEP 60min (Leanne)	Stretch & Core 45min (Tara)	BODYPUMP 60min (Karen)	
GYM FLOOR	6:15am	Functional Weight Training 30min (Abby)	Aerobic Cardio Training 30min (Margie)	Strength Weight Training 30min (Margie)	Aerobic Cardio Training 30min (Abby)	
	3:30pm	Teen Gym (Tara)		Teen Gym (Tara)		
	4:00pm	Functional Weight Training 30 min (Tara)	CARDIO BLAST 20min (Abby)			
WELLNESS	5:30pm				Gentle Yoga 45min (Justine)	
AQUA	7:30am			AQUA 45min (Margie)		AQUA 45min (Margie)
	9:30am	AQUA 45min (Margie)	AQUA 45min (Margie)	GENTLE AQUA 45min (Margie)	AQUA 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.