



Group Workout Timetable

Monday

9.30am – 10.30am	Group Water Workout	Studio Pool
11.00am – 11.45am	Group Cycling	Spin Studio
5.30pm – 6.00pm	Abs	Studio
6.00pm – 7.00pm	Body Power	Studio
6.00pm – 7.00pm	Group Cycling	Spin Studio
7.10pm – 8.10pm	Circuits	Studio
8.15pm – 9.15pm	Pilates	Studio
8.30pm – 9.30pm	Group Water Workout	Studio Pool

Tuesday

9.30am – 10.30am	Body Power	Studio
10.30am – 11.15am	Thighs, Tums & Bums	Studio
5.00pm – 6.00pm	Boxa-fit	Studio
6.00pm – 6.45pm	Group Cycling	Spin Studio
7.00pm – 8.00pm	Body Pump	Studio
8.00pm – 9.00pm	Body Combat	Studio

Wednesday

7.30am – 8.15am	Group Cycling	Spin Studio
9.30am – 10.30am	Group Water Workout	Studio Pool
10.00am – 10.30am	Abs	Studio
10.30am – 11.30am	Circuits	Studio
6.00pm – 7.00pm	Group Cycling	Spin Studio
7.15pm – 8.15pm	Thighs, Tums & Bums	Studio
8.30pm – 9.15pm	Urban Rebounding	Meeting Rooms
8.30pm – 9.30pm	Zumba	Studio

Thursday

6.00pm – 7.00pm	Zumba	Studio
6.00pm – 7.00pm	Group Cycling	Spin Studio
7.30pm – 8.15pm	Group Cycling	Spin Studio
7.10pm – 8.10pm	Body Combat	Studio
8.15pm – 8.45pm	Aeroskip	Studio

Friday

9.30am – 10.30am	Group Water Workout	Studio Pool
9.30am – 10.15am	Group Cycling	Spin Studio
10.15am – 11.00am	Thighs, Bums & Tums	Studio
6.00pm – 6.45pm	Group Cycling	Spin Studio
6.00pm – 7.00pm	Group Water Workout	Studio Pool
6.10pm – 7.10pm	Urban Funk	Studio
7.10pm – 8.10pm	Circuits	Studio
8.15pm – 9.15pm	Boxa-fit	Studio
8.00pm – 9.00pm	Urban Rebound	Meeting Rooms

Saturday

10.00am – 11.00am	Group Cycling	Spin Studio
10.00am – 11.00am	Body Combat	Studio
11.00am – 12.00pm	Body Pump	Studio
12.30pm – 1.15pm	Zig-Zag Dance	Studio

Sunday

10.00am – 11.00am	Boot Camp	Studio
11.00am – 12.00pm	Boxa-fit	Studio
12.00pm – 1.00pm	Fantastic Abs	Studio