



# TIMETABLE FROM 20 DEC 2021 - 26 DEC 2021


## MAIN STUDIO

TIME	MON 20th	TUE 21st	WED 22nd	THU 23rd	FRI 24th	SAT 25th	SUN 26th
6.05am	OUTDOOR HIIT Ben						
9.15am	BODY PUMP Denise			ZUMBA GOLD* Lauren	BODY PUMP Carmel		BOXING Jodie
10.30am		SH'BAM Cathy F	10am CHRISTMAS CLASS BODYPUMP				
5.15pm	BOXING Pete		6.00pm CHRISTMAS CLASS BODYPUMP				
6.15pm	BODY PUMP Kylie	BODYATTACK Jenna	6.30pm CHRISTMAS CLASS SH'BAM	CIRCHIIT Pete			


## WELLBEING STUDIO

TIME	MON 20th	TUE 21st	WED 22nd	THU 23rd	FRI 24th	SAT 25th	SUN 26th
9.20am	VINYASA YOGA Robyn	PILATES Cathy F		PILATES Carole S			
10.35am	PILATES Cathy F		10.30am CHRISTMAS CLASS BODYBALANCE	BARRE SCULPT Meredith	PILATES Deb		
5.30pm		VINYASA YOGA Orly					
6.15pm	BODY BALANCE Jenny	LM TONE Meredith	7pm CHRISTMAS CLASS BODYBALANCE	PILATES Celine			
7.15pm	PILATES Kara	VINYASA YOGA Robyn					

## CYCLE STUDIO

TIME	MON 20th	TUE 21st	WED 22nd	THU 23rd	FRI 24th	SAT 25th	SUN 26th
6.05am				RPM Ravyn			
9.20am	CYCLE XPRESS Kylie	CYCLE Pete	9.20am CHRISTMAS CLASS CYCLE XPRESS	CYCLE Pete	CYCLE XPRESS Kylie		
5.30pm			5.30pm CHRISTMAS CLASS RPM XPRESS				
6.15pm	CYCLE John			RPM Carleigh			

## AQUA CLASSES (50M & WWPP)

TIME	MON 20th	TUE 21st	WED 22nd	THU 23rd	FRI 24th	SAT 25th	SUN 26th
8.00am		50m AQUA FIT* Carole R	50m AQUA FIT* Amy	50m AQUA FIT* Kara	WWPP AQUAFIT* Bronwyn		
9.00am		WWPP AQUA FIT* Bronwyn	WWPP AQUAFIT* Kara	WWPP AQUAFIT* Amy			
10.00am	AQUA ZUMBA* Irina						
6.15pm		WWPP AQUAFIT* Orly	WWPP AQUAFIT* Morena				

## OLDER ADULTS PROGRAM

TIME	MON 20th	TUE 21st	WED 22nd	THU 23rd	FRI 24th	SAT	SUN
8.00am					WONDERWOMEN* Kara		
11.20am		CARDIO SNRS* Carol R		STRONG SNRS* Carole R			
11.45am	SENIORS YOGA* Irina		STRENGTH & BALANCE* Amy				

# TIMETABLE FROM 27 DEC 2021 - 2 JAN 2022

## MAIN STUDIO

TIME	MON 27th	TUE 28th	WED 29th	THU 30th	FRI 31st	SAT 1st	SUN 2nd
9.15am	BODY PUMP Denise			ZUMBA GOLD* Lauren	BODYPUMP Carmel		BOXING Jodie
10.30am							
5.15pm			5.30PM BODYPUMP Cathy B	BOXING Pete			
6.15pm				CIRCHIIT Pete			

## WELLBEING STUDIO

TIME	MON 27th	TUE 28th	WED 29th	THU 30th	FRI 31st	SAT 1st	SUN 2nd
9.20am	BODYBALANCE Ravyn			PILATES Carole S			
10.35am		LM BARRE Ravyn		BARRE SCULPT Meredith			ZUMBA Leila
6.15pm			BODY BALANCE Denise				
7.15pm				BODY BALANCE Denise			

## CYCLE STUDIO

TIME	MON 27th	TUE 28th	WED 29th	THU 30th	FRI 31st	SAT 1st	SUN 2nd
9.20am		RPM Ravyn		CYCLE Pete			
5.30pm							
6.15pm							

## AQUA CLASSES (50M & WWPP)

TIME	MON 27th	TUE 28th	WED 29th	THU 30th	FRI 31st	SAT 1st	SUN 2nd
8.00am				50m AQUA FIT* Kara	WWPP AQUA FIT* Bronwyn		
9.00am		WWPP AQUA FIT* Bronwyn	WWPP AQUA FIT* Kara				

# TIMETABLE FROM 3 JAN 2022 – 9 JAN 2022

## MAIN STUDIO

TIME	MON 3rd	TUE 4th	WED 5th	THU 6th	FRI 7th	SAT 8th	SUN 9th
8.00am						BOXING Pete	
9.15am	BODY PUMP Cathy B			ZUMBA GOLD* Lauren	BODY PUMP Carmel	BODY PUMP Kylie	BOXING Jodie
10.30am			10.05am BODYPUMP XPRESS Kylie				ZUMBA Leila
5.15pm			5.30PM BODYPUMP Cathy B				
6.15pm		BODYATTACK Jenna		CIRCHIIT Pete			
7.15pm		BODYPUMP Jenna		BOXING Pete			

## WELLBEING STUDIO

TIME	MON 3rd	TUE 4th	WED 5th	THU 6th	FRI 7th	SAT 8th	SUN 9th
9.20am				PILATES Carole S		PILATES with PROPS Carole S	BODY BALANCE Jenny
10.35am				BARRE SCULPT Meredith		YOGA BLEND Irina	
5.30pm		VINYASA YOGA Orly					

## CYCLE STUDIO

TIME	MON 3rd	TUE 4th	WED 5th	THU 6th	FRI 7th	SAT 8th	SUN 9th
9.20am		CYCLE Pete	CYCLE XPRESS Kylie		CYCLE XPRESS Kylie		
6.15pm				RPM Carleigh			
7.15pm			RPM Carleigh				

## AQUA CLASSES (50M & WWPP)

TIME	MON 3rd	TUE 4th	WED 5th	THU 6th	FRI 7th	SAT 8th	SUN 9th
8.00am		50m AQUA FIT* Carole R		50m AQUA FIT* Kara	WWPP AQUA FIT* Bronwyn	8.30am WWPP AQUA FIT* Bronwyn	
9.00am		WWPP AQUA FIT* Bronwyn	WWPP AQUA FIT* Kara				
10.00am							
6.15pm		WWPP AQUA FIT* Orly					

# TIMETABLE FROM 10 JAN 2022 – 16 JAN 2022

## MAIN STUDIO

TIME	MON 10th	TUE 11th	WED 12th	THU 13th	FRI 14th	SAT 15th	SUN 16th
6.05am			OUTDOOR HIIT Ben			8am BOXING Pete	
9.15am	BODY PUMP Cathy B			ZUMBA GOLD* Lauren	BODY PUMP Carmel	BODY PUMP Kylie	BOXING Jodie
10.30am		Sh'Bam Cathy F	10.05am BODYPUMP XPRESS Kylie				
5.15pm	BOXING Pete		5.30PM BODYPUMP Cathy B				
6.15pm	BODY PUMP Kylie	BODYATTACK Jenna		CIRCHIIT Pete			
7.15pm		BODY PUMP Jenna		BOXING Pete			

## WELLBEING STUDIO

TIME	MON 10th	TUE 11th	WED 12th	THU 13th	FRI 14th	SAT 15th	SUN 16th
6.05am				PILATES Meredith			
9.20am			BODY BALANCE Jenny	PILATES Carole S		PILATES with PROPS Carole S	BODY BALANCE Jenny
10.35am	PILATES Cathy F					YOGA BLEND Irina	
5.30pm		VINYASA YOGA Orly					
6.15pm	BODY BALANCE Jenny		BODY BALANCE Jenny	PILATES Celine			
7.15pm				BODY BALANCE Jenny			

## CYCLE STUDIO

TIME	MON 10th	TUE 11th	WED 12th	THU 13th	FRI 14th	SAT 15th	SUN 16th
6.05am				RPM Ravyn			
9.20am	CYCLE XPRESS Kylie	CYCLE Pete	CYCLE XPRESS Kylie		CYCLE XPRESS Kylie	CYCLE XPRESS Morena	
6.15pm	CYCLE John			RPM Carleigh	RPM XPRESS Ravyn		
7.15pm			RPM Carleigh				

## AQUA CLASSES (50M & WWPP)

TIME	MON 10th	TUE 11th	WED 12th	THU 13th	FRI 14th	SAT 15th	SUN 16th
8.00am		50m AQUA FIT* Carole R		50m AQUA FIT* Amy	WWPP AQUA FIT* Bronwyn	8.30am WWPP AQUA FIT* Bronwyn	
9.00am	50m AQUA FIT* Carissa	WWPP AQUA FIT* Bronwyn	WWPP AQUA FIT* Amy				
10.00am	AQUA ZUMBA* Irina						
6.15pm	WWPP AQUA FIT* Carleigh	WWPP AQUA FIT* Orly	WWPP AQUA FIT* Morena				

# TIMETABLE FROM 17 JAN 2022 – 23 JAN 2022

## MAIN STUDIO

TIME	MON 17th	TUE 18th	WED 19th	THU 20th	FRI 21st	SAT 22nd	SUN 23rd
6.05am			OUTDOOR HIIT Ben			8am BOXING Pete	
9.15am	BODY PUMP Denise/Cathy B			ZUMBA GOLD* Lauren	BODY PUMP Carmel	BODY PUMP Kylie	BOXING Jodie
10.30am		Sh'Bam Cathy F	10.05am BODY PUMP XPRESS Kylie				
5.15pm	BOXING Pete		5.30PM BODY PUMP				
6.15pm	BODY PUMP Kylie	BODYATTACK Jenna		CIRCHIIT Pete			
7.15pm		BODYPUMP Jenna		BOXING Pete			

## WELLBEING STUDIO

TIME	MON 17th	TUE 18th	WED 19th	THU 20th	FRI 21st	SAT 22nd	SUN 23rd
6.05am				PILATES Meredith			
9.20am	VINYASA YOGA Robyn	PILATES Cathy F	BODY BALANCE Jenny	PILATES Carole S		PILATES with PROPS Carole S	BODY BALANCE Jenny
10.35am	PILATES Cathy F			BARRE SCULPT Meredith		YOGA BLEND Irina	
5.30pm		VINYASA YOGA Orly					
6.15pm	BODY BALANCE Ravyn	LM TONE Meredith	BODY BALANCE Denise	PILATES Celine			
7.15pm		VINYASA YOGA Robyn		BODY BALANCE Denise			

## CYCLE STUDIO

TIME	MON 17th	TUE 18th	WED 19th	THU 20th	FRI 21st	SAT 22nd	SUN 23rd
6.05am				RPM Ravyn			
9.20am	CYCLE XPRESS Kylie	CYCLE Pete	CYCLE XPRESS Kylie		CYCLE XPRESS Kylie	CYCLE XPRESS Morena	
6.15pm	CYCLE John			RPM Carleigh	RPM XPRESS Ravyn		
7.15pm			RPM Carleigh				

## AQUA CLASSES (50M & WWPP)

TIME	MON 17th	TUE 18th	WED 19th	THU 20th	FRI 21st	SAT 22nd	SUN 23rd
8.00am		50m AQUA FIT* Carole R		50m AQUA FIT* Amy	WWPP AQUA FIT* Bronwyn	8.30am AQUA FIT* WWPP Bronwyn	
9.00am	50m AQUA FIT* Carissa	WWPP AQUA FIT* Bronwyn	WWPP AQUA FIT* Amy				
10.00am	AQUA ZUMBA* Irina						
6.15pm	WWPP AQUA FIT* Carleigh	WWPP AQUA FIT* Orly	WWPP AQUA FIT* Morena				

## OLDER ADULTS PROGRAM

TIME	MON 17th	TUE 18th	WED 19th	THU 20th	FRI 21st	SAT 22nd	SUN 23rd
7.30am		Greensborough Mall Walkers*	Greensborough Mall Walkers*	Greensborough Mall Walkers*			
8.00am	IRON PEOPLE* Pete				WONDERWOMEN*		
11.20am		CARDIO SNRS* Carol R		STRONG SNRS* Carole R			
11.45am	SENIORS YOGA* Irina		STRENGTH & BALANCE* Amy				
12noon					STRENGTH & BALANCE* Amy		

# TIMETABLE FROM 24 JAN 2022 – 30 JAN 2022

## MAIN STUDIO

TIME	MON 24th	TUE 25th	WED 26th	THU 27th	FRI 28th	SAT 29th	SUN 30th
8.00am						BOXING Pete	
9.15am	BODY PUMP Denise			ZUMBA GOLD* Lauren	BODY PUMP Carmel	BODY PUMP Kylie	BOXING Jodie
10.30am		SH'BAM Cathy F					ZUMBA Leila
5.15pm	BOXING Pete						
6.15pm	BODY PUMP Kylie	BODYSTEP Jenny		CIRCHIIT Pete			
7.15pm		BODY PUMP Jenny		BOXING Pete			

## WELLBEING STUDIO

TIME	MON 24th	TUE 25th	WED 26th	THU 27th	FRI 28th	SAT 29th	SUN 30th
6.05am				PILATES Meredith			
9.20am	VINYASA YOGA Robyn	PILATES Cathy F		PILATES Carole S		PILATES with PROPS Carole S	
10.35am	PILATES Cathy F			BARRE SCULPT Meredith		YOGA BLEND Irina	
5.30pm		VINYASA YOGA Orly					
6.15pm	BODY BALANCE Ravyn	LM TONE Meredith		PILATES Celine			
7.15pm		VINYASA YOGA Robyn		BODY BALANCE Denise			

## CYCLE STUDIO

TIME	MON 24th	TUE 25th	WED 26th	THU 27th	FRI 28th	SAT 29th	SUN 30th
6.05am				RPM Ravyn			
9.20am	CYCLE XPRESS Kylie	CYCLE Pete			CYCLE XPRESS Kylie	CYCLE XPRESS Morena	
6.15pm	CYCLE John			RPM Carleigh	RPM XPRESS Ravyn		

## AQUA CLASSES (50M & WWPP)

TIME	MON 24th	TUE 25th	WED 26th	THU 27th	FRI 28th	SAT 29th	SUN 30th
8.00am		50m AQUA FIT* Carole R		50m AQUA FIT* Kara	WWPP AQUA FIT* Bronwyn	8.30am WWPP AQUA FIT* Bronwyn	
9.00am	50m AQUA FIT* Carissa	WWPP AQUA FIT* Bronwyn					
10.00am	AQUA ZUMBA* Irina						
6.15pm	WWPP AQUA FIT* Carleigh	WWPP AQUA FIT* Orly					

## OLDER ADULTS PROGRAM

TIME	MON 24th	TUE 25th	WED 26th	THU 27th	FRI 28th	SAT 29th	SUN 30th
7.30am				Greensborough Mall Walkers*			
8.00am	IRON PEOPLE* Pete				WONDERWOMEN* Kara		
11.20am		CARDIO SNRS* Carol R		STRONG SNRS* Carole R			
11.45am	SENIORS YOGA* Irina				12.00 STRENGTH & BALANCE* Amy		