

# TIMETABLE 11TH-17TH JAN 2021

## MAIN STUDIO

TIME	MON 11th	TUE 12th	WED 13th	THU 14th	FRI 15th	SAT 16th	SUN 17th
6.05am							
8.15am						CIRCUIT Pete	HIIT Jenny
9.15am	BODY PUMP Allison			ZUMBA GOLD Lauren		BODYPUMP Kylie	
10.30am	CIRC-HIIT Pete		BODY PUMP Kylie				
11.00am							
5.30pm	METAFIT Kara			BODY PUMP Allison	ZUMBA Lauren		
6.35pm		BODYSTEP Louise					

## WELLBEING STUDIO

TIME	MON 11th	TUE 12th	WED 13th	THU 14th	FRI 15th	SAT 16th	SUN 17th
9.20am		BODYBALANCE Jenny		PILATES Carol S	BODYBALANCE Jenny	PILATES Carol S	BODY BALANCE Carole S
10.35am	PILATES Cathy			Yoga Lee			PILATES Carole S
6.30pm			BODYBALANCE Jenny				

## CYCLE STUDIO

TIME	MON 11th	TUE 12th	WED 13th	THU 14th	FRI 15th	SAT 16th	SUN 17th
6.05am		RPM Pete					
9.20am			CYCLE Xpress Kylie		CYCLE Xpress Kylie	CYCLE (9.30) Pete	
6.00pm	CYCLE John	CYCLE Pete					
7.00pm			RPM Carleigh				

## OUTDOOR (GREENSBOROUGH WALK)

TIME	MON 11th	TUE 12th	WED 13th	THU 14th	FRI 15th	SAT 16th	SUN 17th
7.00am			HIIT Ben	CIRC-HIIT Pete			
5.00pm		BOOTCAMP Pete					

## AQUA CLASSES

TIME	MON 11th	TUE 12th	WED 13th	THU 14th	FRI 15th	SAT 16th	SUN 17th
8.00am		50M AQUAFIT Carole R		50M AQUAFIT Carissa			
9.00am			WWPP AQUAFIT Kara		50M AQUAFIT Bronwyn		
10.30am							
6.00pm							