

STAFFED HOURS

Monday - Thursday 5am-8pm; Friday 5am-7pm;
Saturday 7am-3pm; Sunday 8am-3pm

GROUP FITNESS TIMETABLE

EFFECTIVE 17 NOVEMBER 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30 am		SPIN 35	METAFIT	JF45	SPIN 35		
5.30 am	HOT YOGA	HOT PILATES	HOT YOGA	HOT PILATES			
6.30 am					6.15am YOGA	METAFIT™	
7.30 am						SPIN 45	
7.45 am						LES MILLS BODYSTEP™	
8.00 am			AQUA			BARRE	
8.15 am							SPIN 35
8.30 am	LES MILLS BODYPUMP™	MAT PILATES	LES MILLS BODYSTEP™		LES MILLS BODYPUMP™	AQUA	LES MILLS BODYCOMBAT™
8.45 am				SPIN 45			
9.00 am				LES MILLS BODYCOMBAT™ 30	BARRE	LES MILLS BODYPUMP™	
9.00 am	AQUA	LES MILLS CXWORX™		AQUA	AQUA	VINYASA YOGA	AQUA HIIT
9.30 am	POWER YOGA	POWER YOGA	SPIN 35		SPIN 45		LES MILLS BODYPUMP™
9.30 am	SPIN 45	AQUA					
9.40 am	LES MILLS BODYCOMBAT™	LES MILLS BODYSTEP™	LES MILLS BODYPUMP™	LES MILLS BODYBALANCE™	LES MILLS BODYCOMBAT™		
10.10 am					STRETCH	LES MILLS BODYBALANCE™	
10.30 am	YIN YOGA	STRETCH	YOGALATES	MAT PILATES			
10.40 am							LES MILLS BODYBALANCE™

5.00 pm				POWER YOGA	SPIN 35		
5.15 pm	METAFIT™	LES MILLS CXWORX™	LES MILLS BODYPUMP™	LES MILLS CXWORX™			
5.30 pm		VINYASA YOGA	SPIN 35				
6.00 pm	LES MILLS BODYPUMP™	LES MILLS BODYSTEP™		SPIN 45	YIN YOGA		
6.00 pm	SPIN 35		BARRE	YIN YANG YOGA			
6.00 pm	AQUA HIIT	AQUA	AQUA HIIT	FITBOX			
6.15 pm			POUND				
7.00 pm	YOGA	ZUMBA	MAT PILATES	ZUMBA			

KEY

Group X	Mind Body	Spin Studio	Pool
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