

# Group Fitness Timetable

## STUDIO TIMETABLE

The timetable has a mix of simple and choreographed classes aimed at different fitness levels and abilities, something to suit everyone. If you are unsure about a particular class speak to an instructor who will be happy to recommend different classes for your level.

### Monday

Time	Class	Location	Instructor
06.45-07.30	RPM	Aerobic	Jordan/Gemma
09.30-10.30	Boxercise	Aerobic	Jordan/Gemma
10.30-11.30	Body Pump	Aerobic	Mel
11.00-12.30	Yoga	Wellness	Helena
11.45-12.15	CX WORX	Aerobic	Jordan
12.30-13.15	RPM Lunchtime	Aerobic	Mel
16.45-17.45	RPM	Aerobic	Pete G
17.45-18.45	RPM	Aerobic	Pete G
18.00-18.30	CX WORX	Wellness	Nicky
18.30-19.15	Zumba	Wellness	Tammy
18.45-20.00	Outdoor Bootcamp	Outdoors	Gemma
18.45-19.45	Body Attack	Aerobic	Lee

### Tuesday

Time	Class	Location	Instructor
06.45-07.45	Body Pump	Aerobic	Lindi
09.30-10.30	Zumba	Aerobic	Mandy
10.30-11.30	Fitness Yoga	Aerobic	Mandy
11.30-12.15	Mature & Active 55+	Aerobic	Diane
12.15-13.00	Mature & Active 55+	Aerobic	Diane
13.15-14.00	Aqua	Pool	Diane
17.45-18.45	Body Combat	Aerobic	Lee
18.00-19.00	Bodysculpt	Wellness	Lindi
18.45-19.45	Body Pump	Aerobic	Nicky
19.00-20.00	Body Balance	Wellness	Lindi
20.00-21.00	RPM	Aerobic	Lindi

### Wednesday

Time	Class	Location	Instructor
06.45-07.30	RPM	Aerobic	Jordan/Gemma
09.30-10.30	LBT	Aerobic	Mandy
09.45-10.15	CX WORX	Wellness	Jordan
10.30-11.30	Body Pump	Aerobic	Mel
10.45-11.45	Body Balance	Wellness	Diane
12.15-13.00	Body Combat Lunchtime	Aerobic	Lee
17.15-17.45	Ab Attack	Aerobic	Gym Team
17.45-18.45	Body Pump	Aerobic	Lee
17.45-18.45	Hatha Yoga	Wellness	Helena
18.45-19.45	Body Attack	Aerobic	Lee

### Thursday

Time	Class	Location	Instructor
06.45-07.30	Circuits	Aerobic	Gemma
09.30-10.30	RPM	Aerobic	Mel
10.30-11.30	Outdoor Bootcamp	Outdoors	Gemma
10.45-11.30	Pilates Fusion	Aerobic	Diane
11.00-12.00	20/20/20 - New Members	Wellness	Mel
11.30-12.30	Fitball	Aerobic	Diane
12.30-13.15	RPM	Aerobic	Gemma/Mel
12.45-13.30	Aqua	Pool	Mandy
17.40-18.40	Body Combat	Aerobic	Lindi
18.00-18.30	CX WORX	Wellness	Nicky
18.45-19.30	RPM	Aerobic	Pete G
18.45-19.45	Pilates	Wellness	Lindi
19.30-20.30	Circuits	Aerobic	Pete G

### Friday

Time	Class	Location	Instructor
06.45-07.30	Boxercise	Aerobic	Gemma
09.30-10.30	Core Fitness	Wellness	Pete H
09.30-10.30	Body Combat	Aerobic	Jaynaya
10.30--11.30	Boxercise	Aerobic	Nicky
11.30-12.30	Pilates	Wellness	Joanna
12.00-13.00	Mature & Active 55+	Aerobic	Diane
13.15-14.00	Aqua	Pool	Diane
17.10-18.00	RPM	Aerobic	Lindi
17.15-17.45	Ab Attack	Wellness	Gym Team
18.00-19.00	Body Pump	Aerobic	Lindi
19.00-20.00	Boxerpump	Aerobic	Jordan

### Saturday

Time	Class	Location	Instructor
10.00-11.00	Fitball	Wellness	Diane
10.00-11.00	Body Combat	Aerobic	Lee
11.00-12.00	Body Balance	Wellness	Diane
11.00-12.00	Body Pump	Aerobic	Laura
16.00-17.00	Bootcamp Circuits	Aerobic	Liz

### Sunday

Time	Class	Location	Instructor
08.45-09.45	RPM	Aerobic	Pete G
09.45-10.45	Pilates	Aerobic	Pete G
11.00-12.00	Body Pump	Aerobic	Nicky
12.15-12.45	CX WORX	Aerobic	Nicky
16.00-17.00	Body Combat	Aerobic	Lee

## GYM FLOOR TIMETABLE... more than just a gym

### Monday

Time	Class
08.00-09.00	Perfect Start
09.00-09.30	KettleBells
15.00-16.00	Perfect Start
16.15-17.00	Perfect Kids Fitness
20.00-20.30	Training for Fat Loss

### Tuesday

Time	Class
07.00-08.00	Perfect Start
10.30-10.45	Ab Blast
12.00-12.30	Cardio Blast
12.30-13.00	Training for Fat Loss
17.30-18.30	Perfect Start

### Wednesday

Time	Class
08.30-09.30	Perfect Start
12.15-12.45	Training for Fat Loss
16.15-17.00	Perfect Kids Fitness
20.00-20.30	Perfect Start

### Thursday

Time	Class
08.00-09.00	Perfect Start
09.00-09.30	TRX
14.30-15.00	Training for Fat Loss
17.30-18.00	KettleBells
18.00-19.00	Perfect Start

### Friday

Time	Class
09.00-10.00	Perfect Start
11.45-12.15	Ab Blast
16.15-17.00	Perfect Kids Fitness
18.00-19.00	Perfect Start

### Saturday

Time	Class
09.30-10.30	Perfect Start
10.30-11.30	Perfect Kids Fitness
15.30-16.00	Training for Fat Loss
17.30-18.30	Perfect Start

### Sunday

Time	Class
09.45-10.45	Perfect Kids Fitness
11.00-12.00	Perfect Start
15.30-16.00	Training for Fat Loss
17.00-17.15	Ab Blast
17.30-17.45	TRX



Please scan this QR code to download this timetable online

#### Something to remember...

Please be on time for your class, entrance will be refused if you have missed the warm up.

Please call and cancel your class if you cannot make it.

Inform the instructor prior to the class commencing if you have any medical conditions.