

DECEMBER GROUP FITNESS TIMETABLE



STUDIO ONE

STUDIO TWO

STUDIO THREE

AQUA

	MON	TUES	WED	THURS	FRI	SAT	SUN
	18 DEC	19 DEC	20 DEC	21 DEC	22 DEC	23 DEC	24 DEC
6:10	CYCLE Rochelle	BODYPUMP Megan RPM Em YOGA Michelle ☺	XIT + ABS Rochelle RPM Andrea	BODYPUMP Rochelle RPM Megan	KIBOX COMBO Michelle RPM Andrea		
9:00						BODYPUMP Claire RPM Andrew	CYCLE Cindi
9:25	KIBOX COMBO Sarah RPM Tracey WATER WORKOUT Claire ☺	BODYPUMP Samantha RPM Andrea AQUA ACTION Shirley ☺	CXT Mel RPM Andrea GENTLE WARM WATER Marg ☺	BODYPUMP Samantha RPM Liz AQUA ACTION Wiz ☺	XIT + ABS Mel RPM Em WATER WORKOUT Cyndi ☺		
10:00						KIBOX COMBO Claire YOGA/MEDITATION Riki (90mins) ☺	BODYSTEP Lee
10:30	BODYPUMP Samantha PILATES Sarah ☺ GENTLE WARM WATER Claire ☺	CXWORX Liz AQUA MOVERS Shirley ☺	BODYPUMP Lee WATER WORKOUT Wiz ☺ BODYBALANCE Marg ☺	CXWORX Andrew AQUA MOVERS Wiz ☺	BODYPUMP EXPRESS Megan		
11:00				PILATES Andrew ☺	METAFIT Megan		
11:45	LOW IMPACT BASICS Marg ☺						
5:30	XIT + ABS Michelle RPM Sarah	BODYPUMP Carolyn RPM Wiz	BODYSTEP Carolyn	BODYCOMBAT Michelle YOGA Mangala ☺			
6:00			RPM Sarah YOGA Mangala ☺				
6:30	BODYPUMP Michelle	BODYCOMBAT Michelle PILATES Marg ☺ AQUA RUN Wiz ☺	KIBOX COMBO Megan	BODYPUMP Michelle HOUR OF POWER Warren			
	25 DEC	26 DEC	27 DEC	28 DEC	29 DEC	30 DEC	31 DEC
9:00	NO CLASSES CENTRE CLOSED					BODYPUMP Megan RPM Warren	RPM Em
9:25		BODYPUMP Samantha RPM Em	BODYSTEP Talia RPM Andrew	BODYPUMP Samantha RPM Wiz	BODYSTEP Talia RPM Megan		
10:00						KIBOX COMBO Megan YOGA/MEDITATION Riki (90 mins) ☺	BODYSTEP Carolyn
10:30		YOGA Michelle ☺	KIBOX COMBO Megan WATER WORKOUT Wiz ☺	PILATES Andrew WATER WORKOUT Wiz ☺	BODYPUMP Samantha		
4:30			METAFIT Megan	BODYPUMP EXPRESS Megan			
5:00			BODYPUMP Megan RPM Em	KIBOX COMBO Megan HOUR OF POWER Warren			



JANUARY GROUP FITNESS TIMETABLE

STUDIO ONE

STUDIO TWO

STUDIO THREE

AQUA

	MON	TUES	WED	THURS	FRI	SAT	SUN
	1 JAN	2 JAN	3 JAN	4 JAN	5 JAN	6 JAN	7 JAN
6:10			RPM Em	BODYPUMP Megan	RPM Megan		
9:00						BODYPUMP Claire RPM Warren	CYCLE Cindi
9:25	BODYPUMP Claire RPM Tracey	BODYSTEP Talia RPM Megan	CXT Mel RPM Liz	BODYPUMP Samantha RPM Liz AQUA ACTION Wiz ☺	XIT + ABS Mel PRM Em		
10:00						KIBOX COMBO Claire	BODYSTEP Carolyn
10:30	GENTLE WARM WATER Claire ☺	CXWORX Megan AQUA MOVERS Shirley ☺	CXWORX Liz YOGA Michelle ☺ WATER WORKOUT Wiz ☺	PILATES Andrew ☺	BODYPUMP Samantha		
4:30					YOGA/MEDITATION Riki (90 mins) ☺		
5:30		BODYPUMP Carolyn RPM Wiz	KIBOX COMBO Megan	BODYPUMP Carolyn			
6:00				HOUR OF POWER Warren			
	8 JAN	9 JAN	10 JAN	11 JAN	12 JAN	13 JAN	14 JAN
6.10		BODYPUMP Samantha RPM Em YOGA Michelle ☺	XIT+ABS Michelle RPM Andrea	BODYPUMP Megan RPM Em	KIBOX COMBO Michelle RPM Andrea		
9.00						BODYPUMP Samantha	
9.25	KIBOX COMBO Sarah RPM Tracey	BODYPUMP Megan RPM Andrea AQUA ACTION Cyndi ☺	CXT Mel RPM Andrea GENTLE WARM WATER Marg ☺	BODYPUMP Samantha RPM Liz AQUA ACTION Wiz ☺	XIT+ABS Mel WATER WORKOUT Cyndi ☺		
10.00						KIBOX COMBO Sarah	BODYSTEP Carolyn
10.30	BODYPUMP Samantha GENTLE WARM WATER Claire ☺ PILATES Sarah ☺	CXWORX Megan AQUA MOVERS Cyndi ☺	BODYPUMP Samantha A WATER WORKOUT Wiz ☺	CXWORX Andrew AQUA MOVERS Wiz ☺	BODYPUMP EXPRESS Megan		
11.00				PILATES Andrew ☺	METAFIT Megan		BODYBALANCE Carolyn
11.45							
4.30					YOGA/MEDITATION Riki ☺		
5.30	XIT+ABS Michelle RPM Sarah	BODYPUMP Carolyn RPM Wiz	BODYSTEP Carolyn	BODYCOMBAT Michelle			
6.00			RPM Sarah YOGA Michelle ☺				
6.30	BODYBALANCE Carolyn ☺	BODYCOMBAT Michelle AQUA RUN Wiz ☺	KIBOX COMBO Megan	BODYPUMP Michelle HOUR OF POWER Warren			