

DECEMBER GROUP FITNESS TIMETABLE



STUDIO ONE

STUDIO TWO

STUDIO THREE

AQUA

GYMNASIICS HALL

	MON	TUES	WED	THURS	FRI	SAT	SUN	
	17 DEC	18 DEC	19 DEC	20 DEC	21 DEC	22 DEC	23 DEC	
6.10	FIT45 Megan STAGES FLIGHT Rochelle	YOGA Michelle ★ RPM Megan	FIT45 Rochelle RPM Andrea	KIBOX COMBO Michelle RPM Sarah	FIT 45 Michelle STAGES FLIGHT Rochelle			
9.00						BODYPUMP Samantha RPM Sarah	STAGES FLIGHT Cyndi	
9.25	FIT 45 Sarah RPM Tracey WATER WORKOUT Claire ★	FIT 45 Megan RPM Andrea AQUA ACTION Georgie ★	FIT 45 Mel STAGES FLIGHT Cyndi GENTLE WARM WATER Georgie ★	METAFIT Megan RPM Cyndi AQUA ACTION Helen ★	FIT 45 Mel STAGES FLIGHT Sarah WATER WORKOUT Helen ★			
9.30							BODYSTEP Carolyn	
10.00				GENTLY ACTIVE Kyle ★		PILATES Georgie ★		
10.30	PILATES Georgie ★ GENTLE WARM WATER Claire ★	CXWORX Megan AQUA MOVERS Georgie ★	PILATES Megan ★ WATER WORKOUT Georgie ★	AQUA MOVERS Helen ★	PILATES Sarah ★ GENTLE WARM WATER Helen ★		PILATES Claire ★	
11.00				PILATES Megan ★				
11.45	LOW IMPACT BASICS Kyle ★				LOW IMPACT BASICS Kyle ★			
12.30		CYCLE BASICS Megan ★						
4.30							BODYPUMP Samantha	
5.30	RPM Sarah AQUA RUN Georgie	PILATES Georgie ★ STAGES Sarah	YOGA Michelle ★	PILATES Megan ★	CXWORX Sam			
6.00			RPM Sarah	STAGES FLIGHT 60 Warren	RPM Andrea			
6.30	BODYBALANCE Carolyn ★	PILATES Sarah ★ AQUA RUN Georgie	CXWORX Sam					
	24 DEC	25 DEC	26 DEC	27 DEC	28 DEC	29 DEC	30 DEC	
9.00	KIBOX COMBO Michelle RPM Megan	NO CLASSES				BODYPUMP Samantha RPM Megan	BODYPUMP Samantha	
9.25				BODYPUMP Teymara RPM Megan	FIT45 Mel STAGES FLIGHT Megan			
10.00	BODYPUMP Teymara			BODYPUMP Samantha AQUA ACTION Claire ★			PILATES Megan ★	YOGA Michelle ★
10.30	GENTLE WARM WATER Claire ★				PILATES Megan ★ WATER WORKOUT Helen ★	LOW IMPACTS BASICS Kyle ★ GENTLE WARM WATER Helen ★		
11.00	PILATES Megan ★			PILATES Claire ★				
5.00					KIBOX COMBO Kellie STAGES FLIGHT Warren	BODYPUMP Teymara		

JANUARY GROUP FITNESS TIMETABLE



STUDIO ONE

STUDIO TWO

STUDIO THREE

AQUA

	MON	TUES	WED	THURS	FRI	SAT	SUN
	31 DEC	1 JAN	2 JAN	3 JAN	4 JAN	5 JAN	6 JAN
6.10				RPM Megan/Zoe	KIBOX COMBO Michelle		
9.00						BODYPUMP Zoe STAGES FLIGHT Warren	FREESTYLE STEP Georgie RPM Warren
9.25	KIBOX COMBO Michelle RPM Megan	BODYPUMP Zoe	FIT45 Mel STAGES FLIGHT Megan	BODYPUMP Samantha RPM MEGAN AQUA ACTION Helen ★	FIT45 Mel		
10.00						PILATES Georgie ★	BODYBALANCE Carolyn ★
10.30	PILATES Georgie ★ GENTLE WARM WATER Claire ★	PILATES Georgie ★ AQUA MOVERS Helen ★	YOGA Michelle ★ WATER WORKOUT Georgie ★	PILATES Megan ★	BODYPUMP Claire GENTLE WARM WATER Helen ★		
4.30					YOGA Claire ★		
5.30			BODYPUMP Zoe	BODYSTEP Carolyn			
	7 JAN	8 JAN	9 JAN	10 JAN	11 JAN	12 JAN	13 JAN
6.10	FIT45 Kellie	BODYPUMP Zoe RPM Sarah	FIT45 Kellie RPM Andrea	BODYPUMP Samantha RPM Megan/Zoe	KIBOX COMBO Michelle STAGES FLIGHT Megan		
9.00						BODYPUMP Sam G RPM Megan	STAGES FLIGHT Sarah
9.25	KIBOX COMBO Sarah RPM Tracey WATER WORKOUT Claire ★	BODYPUMP Sam G RPM Andrea AQUA ACTION Georgie ★	Fit45 Mel STAGES FLIGHT Sarah GENTLE WARM WATER Georgie ★	BODYPUMP Megan AQUA ACTION Helen ★	FIT45 Mel STAGES FLIGHT Sarah WATER WORKOUT Helen ★		
9.30							BODYSTEP Carolyn
10.00						PILATES Georgie ★	
10.30	BODYPUMP Teymara PILATES Georgie ★ GENTLE WARM WATER Claire ★	AQUA MOVERS Georgie ★	BODYPUMP Claire PILATES Sarah ★ WATER WORKOUT Georgie ★	CXWORX Megan AQUA MOVERS Helen ★	BODYPUMP Megan PILATES Sarah ★ AQUA MOVERS Helen ★		PILATES Georgie ★
11.00				PILATES Megan ★			
11.45	LOW IMPACT BASICS Kyle ★				LOW IMPACT BASICS Helen ★		
5.30	FIT45 Michelle RPM Sarah	BODYPUMP Carolyn PILATES Georgie ★	BODYSTEP Carolyn RPM Megan	BODYCOMBAT Michelle	CXWORX Samantha		
6.00			YOGA Michelle ★	STAGES FLIGHT Warren	RPM Andrea		
6.30	BODYPUMP Michelle	BODYCOMBAT Michelle AQUA RUN Georgie ★	CXWORX Megan	BODYPUMP Michelle			

★ Indicates classes available on Over 60's discount.