

# MORNING CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HIIT</b> 06:45-07:30	<b>GROUP CYCLING</b> 06:40-07:25	<b>CIRCUITS</b> 06:45-07:30	<b>**ADULT GYMNASTICS</b> 06:45-07:30	<b>BODY CONDITIONING</b> 06:45-07:30	<b>BADCO FITNESS CLASS</b> 08:00-08:45	<b>STRENGTH YOGALATES</b> 09:30-10:30
<b>AQUA FIT</b> 09:15-10:00	<b>GROUP TRAINING</b> 09:30-10:15	<b>GROUP CYCLING</b> 09:15-10:00	<b>ZUMBA CHAIR</b> 09:15-10:00	<b>PILATES</b> 06:45-07:30	<b>GROUP CYCLING</b> 08:00-08:45	<b>FITNESS YOGALATES</b> 10:30-11:30
<b>LBT</b> 09:30-10:30	<b>PUMP &amp; TONE</b> 09:30-10:30	<b>LADIES GROUP TRAINING</b> 09:30-10:15	<b>KETTLEBELLS &amp; CORE</b> 09:30-10:15	<b>PUMP &amp; TONE</b> 09:30-10:30	<b>LBT</b> 09:00-10:00	
<b>ZUMBA</b> 09:30-10:30	<b>LEGS,BUMS &amp; MUMS</b> 09:30-10:30	<b>IMPROVERS TAI CHI QIGONG</b> 09:15-10:15	<b>GROUP TRAINING</b> 09:30-10:15	<b>PURE STRETCH</b> 09:30-10:30		
<b>GROUP TRAINING</b> 10:45-11:30	<b>SENIOR BODY CONDITIONING</b> 10:45-11:45	<b>BEGINNERS TAI CHI QIGONG</b> 11:00-12:00	<b>PILATES</b> 09:30-10:30	<b>PURE STRETCH</b> 10:45-11:45		
<b>CHAIR FIT CLASS</b> 10:45-11:15	<b>LADIES STRENGTH TRAINING</b> **10:45-11:30	<b>PILATES BEGINNERS</b> 10:30-11:30	<b>PILATES &amp; STRETCH</b> 10:30-11:30	<b>LADIES STRENGTH TRAINING</b> ** 10:30-11:30		
<b>GENTLE CORE &amp; BALANCE</b> 10:45-11:30	<b>VINYASA YOGA</b> 11:15-12:15	<b>PILATES LEVEL 1 &amp; 2</b> 11:30-12:30	<b>SENIOR BODY CONDITIONING</b> 10:30-11:30	<b>BEGINNER GROUP TRAINING</b> 10:45-11:30		
<b>SENIOR BODY CONDITIONING</b> 11:30-12:30		<b>GENTLE AQUA FIT</b> 11:25-12:10	<b>BEGINNER GROUP TRAINING</b> 12:00-12:45	<b>CHAIR FIT</b> 11:45-12:15		
<b>BEGINNER GROUP TRAINING</b> 11:45-12:30		<b>AQUA FIT</b> 12:15-13:00	<b>SPORT IN MIND CIRCUITS</b> 14:00-15:00	<b>AQUA FIT</b> 12:15-13:00		

CLASS DESCRIPTIONS.  
SCAN ME!





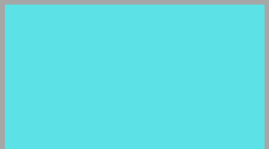

- Cardio**
- Strength**
- Low Impact**
- High Intensity**

**\*\*ADULT GYMNASTICS & LADIES STRENGTH TRAINING ARE DOWN AT RIVERSMEET PERFORMANCE**



# EVENING CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LBT 18:00-19:00	PILATES 17:00-18:00	ZUMBA 18:00-19:00	GROUP CYCLING 18:00-18:45	GROUP CYCLING 18:30-19:15
PILATES 18:00-19:00	GROUP CYCLING 18:00-18:45	HIIT 18:00-19:00	LBT 18:00-19:00	ZUMBA STRONG 18:00-19:00
PILATES 19:00-20:00	BODY CONDITIONING 18:00-19:00	GROUP CYCLING 19:00-19:45	GROUP TRAINING 18:30-19:30	GROUP TRAINING 18:00-18:45
CIRCUITS 19:00-19:45	PILATES 18:00-19:00	CLUBBERCISE 19:10-20:10	GROUP CYCLING 19:00-20:00	CLUBBERCISE 19:00-20:00
GROUP CYCLING 19:00-19:45	CIRCUITS 19:15- 20:00	VINYASA YOGA 20:15-21:00	CORE STRENGTH 18:30-19:15	**ADULT GYMNASTICS & LADIES STRENGTH TRAINING ARE DOWN AT RIVERSMEET PERFORMANCE
GROUP CYCLING 20:00-20:45				
AQUA FIT 19:15-20:00				
GENTLE STRETCH 20:00-21:00				

-  Cardio
-  Strength
-  Low Impact
-  High Intensity



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