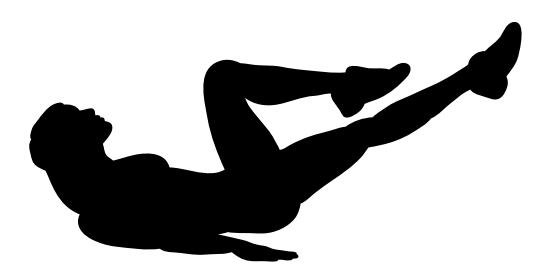


# MORNING CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HIIT</b> 06:45-07:30	<b>RHYTHM GROUP CYCLING</b> 06:40-07:25	<b>CIRCUITS</b> 06:45-07:30	<b>WAKE UP YOGA (5 WEEKS)</b> 06:45-07:45	<b>BODY CONDITIONING</b> 06:45-07:30	<b>BADCO FITNESS CLASS</b> 08:00-08:45	<b>RHYTHM GROUP CYCLING</b> 09:00-09:45
<b>AQUA FIT</b> 09:15-10:00	<b>GROUP TRAINING</b> 09:30-10:15	<b>RHYTHM GROUP CYCLING</b> 09:15-10:00	<b>ZUMBA CHAIR</b> 09:15-10:00	<b>PILATES</b> 06:45-07:30	<b>RHYTHM GROUP CYCLING</b> 08:00-08:45	<b>STRENGTH YOGALATES</b> 09:30-10:30
<b>LBT</b> 09:30-10:30	<b>PUMP &amp; TONE</b> 09:30-10:30	<b>PILATES</b> 09:30-10:30	<b>KETTLEBELLS &amp; CORE</b> 09:30-10:15	<b>RHYTHM GROUP CYCLING</b> 09:15-10:00	<b>LBT</b> 09:00-10:00	<b>FITNESS YOGALATES</b> 10:30-11:30
<b>ZUMBA</b> 09:30-10:30	<b>LEGS, BUMS &amp; MUMS</b> 09:30-10:30	<b>LADIES GROUP TRAINING</b> 09:30-10:15	<b>GROUP TRAINING</b> 09:30-10:15	<b>PUMP &amp; TONE</b> 09:30-10:30		
<b>GROUP TRAINING</b> 10:45-11:30	<b>SENIOR BODY CONDITIONING</b> 10:45-11:45	<b>IMPROVERS TAI-CH QIGONG</b> 09:15-10:15	<b>PILATES LVL 3&amp;4</b> 09:30-10:30	<b>PURE STRETCH</b> 09:30-10:30		
<b>CHAIR FIT CLASS</b> 10:45-11:15	<b>LADIES STRENGTH TRAINING</b> **10:30-11:30	<b>BEGINNERS TAI-CHI QIGONG</b> 11:00-12:00	<b>PILATES &amp; STRETCH</b> 10:30-11:30	<b>PURE STRETCH</b> 10:45-11:45		
<b>GENTLE CORE &amp; BALANCE</b> 10:45-11:30	<b>VINYASA YOGA</b> 11:15-12:15	<b>PILATES</b> 09:15-10:15	<b>SENIOR BODY CONDITIONING</b> 10:30-11:30	<b>LADIES STRENGTH TRAINING</b> ** 10:30-11:30		
<b>SENIOR BODY CONDITIONING</b> 11:30-12:30		<b>PILATES BEGINNERS</b> 10:30-11:30	<b>BEGINNER GROUP TRAINING</b> 12:00-12:45	<b>HEALTH CIRCUITS</b> 10:45-11:30		
<b>BEGINNER GROUP TRAINING</b> 11:45-12:30		<b>PILATES LEVEL 1 &amp; 2</b> 11:30-12:30	<b>SPORT IN MIND CIRCUITS</b> 14:00-15:00	<b>CHAIR FIT</b> 11:45-12:15		
		<b>GENTLE AQUA FIT</b> 11:25-12:10		<b>AQUA FIT</b> 12:15-13:00		
		<b>AQUA FIT</b> 12:15-13:00				

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



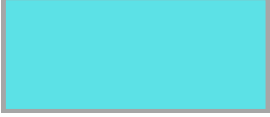

CLASS DESCRIPTIONS. SCAN ME!



**\*\*LADIES STRENGTH TRAINING IS DOWN AT RIVERSMEET PERFORMANCE  
WAKE UP YOGA IS A 5 WEEK COURSE**

# EVENING CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HIIT GROUP CYCLING 18:00-18:45	PILATES 17:00-18:00	RIVERKIDZ CIRCUITS 16:00-16:45	RHYTHM GROUP CYCLING 18:00-18:45	THEME GROUP CYCLING 18:30-19:15
LBT 18:00-19:00	RHYTHM GROUP CYCLING 18:00-18:45	HIIT GROUP CYCLING 17:15-17:45	LBT 18:00-19:00	ZUMBA STRONG 18:00-19:00
PILATES 18:00-19:00	BODY CONDITIONING 18:00-19:00	ZUMBA 18:00-19:00	GROUP TRAINING 18:30-19:30	GROUP TRAINING 18:00-18:45
PILATES 19:00-20:00	PILATES 18:00-19:00	HIIT 18:00-19:00	CORE STRENGTH 18:30-19:15	CLUBBERCISE 19:00-20:00
CIRCUITS 19:00-19:45	CIRCUITS 19:15-20:00	RHYTHM GROUP CYCLING 19:00-19:45	RHYTHM GROUP CYCLING 19:00-20:00	
RHYTHM GROUP CYCLING 19:00-19:45		CLUBBERCISE 19:10-20:10	PILATES 19:15-20:15	
RYHYTHM GROUP CYCLING 20:00-20:45		VINYASA YOGA 20:15-21:15		
AQUA FIT 19:15-20:00				
GENTLE STRETCH 20:00-21:00				

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

CLASS DESCRIPTIONS. SCAN ME!

