

# MORNING CLASS TIMETABLE 2024

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>KETTLEBELLS &amp; CORE</b> 09:30-10:15	<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>GROUP TRAINING</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>PILATES</b> 09:30-10:30	<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 &amp; STRETCH</b> 10:30-11:30	<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>SENIOR BODY CONDITIONING</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>PILATES BEGINNERS</b> 11:15-12:15	<b>PILATES LEVEL 1 &amp; 2</b> 11:30-12:30	<b>BEGINNER GROUP TRAINING</b> 12:00-12:45	<b>BEGINNER GROUP TRAINING</b> 10:45-11:30		
<b>SENIOR BODY CONDITIONING</b> 11:30-12:30		<b>GENTLE AQUA FIT</b> 11:15-12:00	<b>SPORT IN MIND CIRCUITS</b> 14:00-15:00	<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>AQUA FIT</b> 12:15-13:00		

CLASS DESCRIPTIONS.  
SCAN ME!



-  **Cardio**
-  **Strength**
-  **Low Impact**
-  **High Intensity**
-  **GP REFERRAL ONLY**

**\*\*ADULT GYMNASTICS, LADIES STRENGTH TRAINING AND XTREME FIT ARE DOWN AT RIVERSMEET PERFORMANCE**



# EVENING CLASS TIMETABLE 2024



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	Cardio
PILATES 18:00-19:00	GROUP CYCLING 18:00-18:45	HIIT 18:00-19:00	LBT 18:00-19:00	STRONG NATION 18:00-19:00	Strength
PILATES 19:00-20:00	BODY CONDITIONING 18:00-19:00	GROUP CYCLING 19:00-19:45	GROUP TRAINING 18:30-19:15	GROUP TRAINING 18:00-18:45	Low Impact
CIRCUITS 19:00-19:45	PILATES 18:00-19:00	**XTREME FIT 19:00-20:00	GROUP CYCLING 19:00-20:00	CLUBBERCISE 19:00-20:00	High Intensity
GROUP CYCLING 19:00-19:45	CIRCUITS 19:15- 20:00	CLUBBERCISE 19:10-20:10	CORE STRENGTH 18:30-19:15	**ADULT GYMNASTICS, LADIES STRENGTH TRAINING AND XTREME FIT ARE DOWN AT RIVERSMEET PERFORMANCE	
GROUP CYCLING 20:00-20:45					
AQUA FIT 19:15-20:00					
GENTLE STRECTH 20:00-21:00					



CLASS DESCRIPTIONS.  
SCAN ME!

