

Group Fitness Timetable

AquaPulse

Commencing Monday 4 January 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
535AM	METAFIT (30) Main Studio Sharon	FXFIT (45) FX Studio Jess	BODYPUMP (30) Main Studio Ria	BOXING CIRCUIT (30) Main Studio Wayne	FXFIT (45) FX Studio Jess		
610AM	BODYPUMP (30) Main Studio Wayne		SPRINT (30) Cycle Studio Wayne	FXFIT (45) FX Studio Michael			
620AM		CYCLE (45) Cycle Studio Michael			BODYPUMP (30) Main Studio Wayne		
730AM						FXFIT (45) FX Studio Wayne	
8AM	SHALLOW AQUA (45) 25m Pool Alycia	CXWORX (30) Main Studio Marlene			SHALLOW AQUA (45) 25m Pool Alycia	REFORMER PILATES (30) Pilates Studio Di	
830AM	FXFIT (45) FX Studio Sharon		CXWORX (30) Main Studio Sam	MATWORK PILATES (45) Main Studio Trevor		FXFIT (45) FX Studio Wayne	SPRINT (30) Cycle Studio Ria
9AM						BODYPUMP (45) Main Studio Keiran	BODYSTEP (45) Main Studio Cathy
915AM	BODYPUMP (45) Main Studio Joanna AQUAHIIT (45) 50m Pool Alycia	BODYSTEP (45) Main Studio Kristie	BODYCOMBAT (45) Main Studio Mel AQUAHIIT (45) 50m Pool Sharon FXFIT (45) FX Studio Rob	HIIT POWER (30) Main Studio Sharon CYCLE (45) Cycle Studio Alycia	BODYPUMP (45) Main Studio Sam FXFIT (45) FX Studio Cam		
930AM	REFORMER PILATES (30) Pilates Studio Sharon	REFORMER PILATES (30) Pilates Studio Sharon				AQUA (45) 50m Pool Wayne	
10AM				DANCE (45) Main Studio Kat		BODYBALANCE (45) Main Studio Nicole	MATWORK PILATES (45) Main Studio Cathy
1010AM	ZUMBA (45) Main Studio Alycia	CYCLE (45) Cycle Studio Sharon BODYBALANCE (45) Main Studio Kristie	BODYPUMP (30) Main Studio Sam		CXWORX (30) Main Studio Sam		
1045AM					BODYBALANCE (45) Main Studio Sam		
11AM	YOGA (45) Main Studio Trevor	ADULT ACTIVE (45) Main Studio Ronnie		ADULT ACTIVE (45) Main Studio Ronnie			YOGA (45) Main Studio Trevor
530PM	SPRINT (30) Cycle Studio Keiran FXFIT (45) FX Studio Kosta	BODYPUMP (30) Main Studio Wayne REFORMER PILATES (30) Pilates Studio Sharon	CYCLE (45) Cycle Studio Anja CXWORX (30) Main Studio Marlene	BODYPUMP (45) Main Studio Ria CYCLE (45) Cycle Studio Wayne	BOXCORE CIRCUIT (45) Main Studio Marlene		
545PM			FXFIT (45) FX Studio Sharon				
605PM	BODYPUMP (45) Main Studio Keiran	FXFIT (45) FX Studio Wayne BODYCOMBAT (45) Main Studio Alex	BODYPUMP (45) Main Studio Joanna				
620PM	PILATES/YOGA (40) MindBody Studio Trevor		REFORMER PILATES (30) Pilates Studio Anja	BODYCOMBAT (30) Main Studio Kat REFORMER PILATES (30) Pilates Studio Wayne			
645PM	DEEP AQUA (45) 50m Pool Benita		DEEP AQUA (45) 50m Pool Sharon				
655PM		ZUMBA (45) Main Studio Alycia		BODYBALANCE (45) Main Studio Kat			

Timetable is subject to change

Group Fitness Timetable

Eagle Stadium

Commencing Monday 4 January 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
605AM	BODYPUMP (45) Main Studio Marlene	HIIT (45) Main Studio Bri	BODYPUMP (45) Main Studio Kelly	SPRINT (30) Cycle Studio Kelly	BOXING CIRCUIT (30) Main Studio Marlene		
830AM						HIIT (30) Main Studio Roxanne	BODYCOMBAT (45) Main Studio Addison
910AM						BODYPUMP (30) Main Studio Kelly	
920AM							BODYPUMP (45) Main Studio Addison
915AM	BOXING CIRCUIT (30) Main Studio Marlene	BODYPUMP (45) Main Studio Kelly	CYCLE (45) Cycle Studio Alycia	BODYPUMP (45) Main Studio Addison	BODYCOMBAT (45) Main Studio Kelly		
950AM						SPRINT (30) Cycle Studio Kelly	
10AM	MATWORK PILATES (45) Main Studio Roxanne						
1005AM					CXWORX (30) Main Studio Marlene		
1010AM		ZUMBA (45) Main Studio Alycia	CORE (30) Main Studio Alycia	HIIT (30) Main Studio Addison			CORE (30) Main Studio Addison
1020AM						MATWORK PILATES (45) Main Studio Roxanne	
1040AM					YOGA (45) Main Studio Bri		
11AM		ADULT ACTIVE (45) Main Studio Benita					
530PM	CYCLE (45) Cycle Studio Wayne	CXWORX (30) Main Studio Marlene	HIIT (30) Main Studio Alycia	BOXING CIRCUIT (30) Main Studio Marlene			
605PM	BODYCOMBAT (45) Main Studio Kat	BODYPUMP (30) Main Studio Marlene SPRINT (30) Cycle Studio Keiran	BODYPUMP (30) Main Studio Ria	CXWORX (30) Main Studio Marlene			
615PM					DANCE (45) Main Studio Kat		
640PM		STRETCH (30) Main Studio Marlene	ZUMBA (45) Main Studio Alycia	PILATES/YOGA (45) Main Studio Sharon			
655PM	BODYPUMP (45) Main Studio Wayne						

WynOutdoor Timetable

Commencing Monday 4 January 2021

All WynOutdoor classes are **FREE** for WynActive members

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
630AM	BOOTCAMP Wyndham Park* with Roxanne & Bri						
845AM		OUTDOOR AQUA Werribee Outdoor Pool with Alycia					
6PM			RUNNING GROUP Werribee Outdoor Pool with Roxanne & Kosta				

*Wyndham Park, Watton Street entrance, Werribee

WynOutdoor sessions are 45 minutes in duration