

Group Fitness Timetable

AquaPulse

UPDATED Commencing Monday, 19 April 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
535AM	TREAD30 (30) Gym Floor Wayne	SPRINT (30) Cycle Studio Ria	FXFIT (45) FX Studio Jess	BOXING CIRCUIT (30) Main Studio Wayne	FXFIT (45) FX Studio Jess		
610AM	HIIT (30) Main Studio Wayne	BODYPUMP (45) Main Studio Ria		FXFIT (45) FX Studio Michael			
620AM			YOGA (45) Main Studio Trevor SPRINT (30) Cycle Studio Wayne		BODYPUMP (45) Main Studio Wayne		
715AM						FXFIT (45) FX Studio Wayne	
745AM			SHALLOW AQUA (45) 25m Pool Alycia				
8AM	SHALLOW AQUA (45) 25m Pool Alycia	FXFIT (45) FX Studio Marlene			SHALLOW AQUA (45) 25m Pool Alycia	REFORMER PILATES (30) Pilates Studio Di	
815AM						FXFIT (45) FX Studio Wayne	
830AM	FXFIT (45) FX Studio Sharon		LESMILLS CORE (30) Main Studio Sam	MATWORK PILATES (45) Main Studio Trevor	FXFIT (45) FX Studio Cam		SPRINT (30) Cycle Studio Ria
9AM						BODYPUMP (45) Main Studio Keiran	
905AM							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	CYCLE (45) Cycle Studio Alycia	BODYPUMP (45) Main Studio Sam AQUA (45) 50m Pool Alycia		
920AM					FXFIT (45) FX Studio Cam		
930AM	FXFIT (45) FX Studio Kelly REFORMER PILATES (30) Pilates Studio Sharon	REFORMER PILATES (30) Pilates Studio Sharon		HIIT POWER (30) Main Studio Sharon		AQUA (45) 50m Pool Wayne	
10AM							MATWORK PILATES (45) Main Studio Cathy
1010AM	ZUMBA (45) Main Studio Alycia	CYCLE (45) Cycle Studio Sharon BODYBALANCE (45) Main Studio Kristie	BODYPUMP (45) Main Studio Sam REFORMER PILATES (30) Pilates Studio Sharon	TREAD30 (30) Gym Floor Ronnle DANCE (45) Main Studio Kat	LESMILLS CORE (30) Main Studio Sam		
1030AM						ADVANCED REFORMER PILATES (45) Pilates Studio Wayne	

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
1115AM			MEDITATION / MINDFULNESS (45) Main Studio Trevor				
1215PM	FXFIT (45) FX Studio Rob						
530PM	BODYSTEP (45) Main Studio Keith SPRINT (30) Cycle Studio Keiran	REFORMER PILATES (30) Pilates Studio Anja BODYPUMP (30) Main Studio Joanna FXFIT (45) FX Studio Wayne	REFORMER PILATES (30) Pilates Studio Anja LESMILLS CORE (30) Main Studio Marlene TREAD30 (30) Gym Floor Kelly	BODYPUMP (45) Main Studio Ria CYCLE (45) Cycle Studio Wayne	BOXCORE CIRCUIT (45) Main Studio Marlene		
545PM			FXFIT (45) FX Studio Sharon				
605PM	FXFIT (45) FX Studio Kosta	WOMENS ONLY CYCLE (45) Cycle Studio Alycia ADVANCED REFORMER PILATES (45) Pilates Studio Anja BODYCOMBAT (45) Main Studio Alex	BODYPUMP (45) Main Studio Joanna				
610PM			CYCLE (45) Cycle Studio Anja				
620PM	PILATES/YOGA (45) MindBody Studio Trevor BODYPUMP (45) Main Studio Keiran	FXFIT (45) FX Studio Wayne		REFORMER PILATES (30) Pilates Studio Wayne FXFIT (45) FX Studio Kosta BODYCOMBAT (30) Main Studio Kat			
645PM	DEEP AQUA (45) 50m Pool Benita		DEEP AQUA (45) 50m Pool Sharon				
655PM	FXFIT (45) FX Studio Kosta	ZUMBA (45) Main Studio Alycia					
7PM				BODYBALANCE (45) Main Studio Kat			
705PM		MEDITATION / MINDFULNESS (45) MindBody Studio Anja	MATWORK PILATES (45) Main Studio Anja				

Timetable is subject to change

Group Fitness Timetable

Eagle Stadium

UPDATED Commencing Monday, 19 April 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
610AM	BODYPUMP (45) Main Studio Marlene	FXFIT (45) Gym Floor Michael	BODYPUMP (45) Main Studio Kelly	SPRINT (30) Cycle Studio Kelly	BOXING CIRCUIT (30) Main Studio Marlene		
815AM						BODYSTEP (45) Main Studio Keith	
830AM							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 Bia	BODYCOMBAT (45) Main Studio Kelly		
950AM						SPRINT (30) Cycle Studio Kelly	
955AM	MATWORK PILATES (45) Main Studio Roxanne						
1005AM				FXFIT (45) Gym Floor Roxanne	LESMILLS CORE (30) Main Studio Marlene		
1010AM		ZUMBA (45) Main Studio Alycia	CORE (30) Main Studio Alycia				CORE (30) Main Studio Addison
1030AM						MATWORK PILATES (45) Main Studio Roxanne	
1040AM			AEROBICS (45) Main Studio Alycia		YOGA (45) Main Studio Bri		
1045am	BODY BALANCE (45) Main Studio Kat						
11AM		ADULT ACTIVE (45) Main Studio Benita		MATWORK PILATES (45) Main Studio Roxanne			
530PM	TREAD30 (30) Gym Floor Wayne	LESMILLS CORE (30) Main Studio Marlene	HIIT (30) Main Studio Alycia	BOXING CIRCUIT (30) Main Studio Marlene			
605PM	CYCLE (45) Cycle Studio Wayne BODYCOMBAT (45) Main Studio Kat	BODYPUMP (30) Main Studio Marlene SPRINT (30) Cycle Studio Keiran	BODYSTEP (45) Main Studio Cathy	LESMILLS CORE (30) Main Studio Marlene			
615PM					DANCE (45) Main Studio Kat		
640PM		STRETCH (30) Main Studio Marlene		PILATES/YOGA (45) Main Studio Sharon			
655PM	BODYPUMP (45) Main Studio Wayne		ZUMBA (45) Main Studio Alycia				