

Group Fitness Timetable

2021 WYNOUTDOOR TIMETABLE

Commencing, Wednesday 24th November 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
645AM					ZUMBA (30) Outside courts at Eagle Stadium Alycia
930AM		BOOTCAMP (45) Wyndham Park Bri & Benita			
1030AM	HIIT (30) Outside courts at Eagle Stadium Sharon			Aqua Aerobics (30) Werribee Outdoor Pool Sharon	

Group Fitness Timetable AquaPulse

Commencing Wednesday, 24th November 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
535AM	TREAD30 (30) Gym Floor Wayne	SPRINT (30) Cycle Studio Ria	FXFIT (45) FX Studio Wayne	BOXING CIRCUIT (30) Main Studio Wayne	FXFIT (45) FX Studio Wayne		
610AM	HIIT (30) Main Studio Wayne	BODYPUMP (45) Main Studio Ria		FXFIT (45) FX Studio Michael			
620AM			SPRINT (30) Cycle Studio Wayne		BODYPUMP (45) Main Studio Wayne		
715AM						FXFIT (45) FX Studio Wayne	
745AM							
8AM						REFORMER PILATES (30) Pilates Studio Di	
815AM						FXFIT (45) FX Studio Wayne	
830AM	FXFIT (45) FX Studio Sharon		LESMILLS CORE (30) Main Studio Sam		FXFIT (45) FX Studio Cam		SPRINT (30) Cycle Studio Ria
835AM			AQUAHIIT (45) 50m Pool Sharon				
845AM		BOOTY BURN (30) Main Studio Kat					
855AM		REFORMER PILATES (30) Pilates Studio Sharon					
9AM							
905AM					AQUAHIIT (45) 50m Pool Sharon		BODYSTEP (45) Main Studio Cathy
915AM			BODYCOMBAT (45) Main Studio Mel FXFIT (45) FX Studio Rob		BODYPUMP (45) Main Studio Sam		
920AM		BODYSTEP (45) Main Studio Kristie			FXFIT (45) FX Studio Cam		
930AM	FXFIT (45) FX Studio Felipe REFORMER PILATES (30) Pilates Studio Sharon	REFORMER PILATES (30) Pilates Studio Sharon	REFORMER PILATES (30) Pilates Studio Sharon	HIIT (30) Main Studio Sharon		BODYPUMP (45) Main Studio Keith AQUA (45) 50m Pool Wayne	
10AM							MATWORK PILATES (45) Main Studio Cathy
1010AM		CYCLE (45) Cycle Studio Sharon BODYBALANCE (45) Main Studio Kristie	BODYPUMP (45) Main Studio Sam	TREAD30 (30) Gym Floor Ronnie DANCE (45) Main Studio Kat	LESMILLS CORE (30) Main Studio Sam		
1020AM							
1030AM						ADVANCED REFORMER PILATES (45) Pilates Studio Wayne	
1045AM					BODYBALANCE (45) Main Studio Sam		
11AM		WYNSENIOR		WYNSENIOR			

		ACTIVE ADULTS (45) Main Studio Ronnie		ACTIVE ADULTS (45) Main Studio Ronnie			
1110AM							
1115AM							
1120AM							
1130AM			WYNSENIOR WARM WATER WALKING (45) Warm Water Pool Benita				
1215PM	FXFIT (45) FX Studio Rob						
530PM	BODYSTEP (45) Main Studio Keith CYCLE EXPRESS (30) Cycle Studio Sharon	REFORMER PILATES (30) Pilates Studio Anja FXFIT (45) FX Studio Wayne	REFORMER PILATES (30) Pilates Studio Anja FXFIT (45) FX Studio Sharon	CYCLE (45) Cycle Studio Wayne			
605PM	FXFIT (45) FX Studio Felipe	WOMEN ONLY CYCLE (45) Cycle Studio Alycia BODYCOMBAT (45) Main Studio Alex					
610PM	REFORMER PILATES (30) Pilates Studio Sharon	MATWORK PILATES (45) MindBody Studio Anja	CYCLE (45) Cycle Studio Anja				
620PM	BODYPUMP (45) Main Studio Amber	FXFIT (45) FX Studio Wayne	TREAD30 (30) Gym Floor Sharon FXFIT (45) FX Studio Mason	REFORMER PILATES (30) Pilates Studio Wayne FXFIT (45) FX Studio Kosta BODYCOMBAT (30) Main Studio Kat			
645PM	DEEP AQUA (45) 50m Pool Benita						
655PM	FXFIT (45) FX Studio Felipe	ZUMBA (45) Main Studio Alycia	MATWORK PILATES (45) Main Studio Felipe				
7PM		MEDITATION / MINDFULNESS (45) MindBody Studio Anja	DEEP AQUA (45) 50m Pool Sharon	BODYBALANCE (45) Main Studio Kat			

Group Fitness Timetable Eagle Stadium Commencing Wednesday, 24th November 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
610AM		FXFIT (45) Gym floor Mason	BODYPUMP (45) Main Studio Kelly	SPRINT (30) Cycle Studio Kelly			
815AM						BODYSTEP (45) Main Studio Keith	
830AM							BODYCOMBAT (45) Main Studio Amber
910AM						BODYPUMP (30) Main Studio Kelly	
920AM							BODYPUMP (45) Main Studio Amber
915AM		BODYPUMP (45) Main Studio Kelly		BODYPUMP (45) Main Studio Amber	BODYCOMBAT (45) Main Studio Kelly		
950AM						SPRINT (30) Cycle Studio Kelly	
955AM	MATWORK PILATES (45) Main Studio Roxanne						
1005AM				FXFIT (45) Gym Floor Roxanne			
1010AM		ZUMBA (45) Main Studio Luda	Core (30) Main Studio Felipe				
1030AM						MATWORK PILATES (45) Main Studio Felipe	
1040AM					YOGA (45) Main Studio Bri		
1045AM	WYNSENIOR BODYBALANCE (45) Main Studio Kat						
11AM		WYNSENIOR ACTIVE ADULTS (45) Main Studio Benita		MATWORK PILATES (45) Main Studio Roxanne			
1130AM					WYNSENIOR ACTIVE ADULTS (45) Main Studio Benita		
12PM				WYNSENIOR PILATES (45) Main Studio Roxanne			
500PM				MATWORK PILATES (45) Main Studio Sharon			
530PM	TREAD30 (30) Gym Floor Wayne		BODYPUMP (30) Main Studio Amber				
545PM						BOOTY BURN (30) Main Studio Kat	
605PM	CYCLE (45) Cycle Studio Wayne BODYCOMBAT (45) Main Studio Kat	SPRINT (30) Cycle Studio Kelly					
620PM					DANCE (45) Main Studio Kat		
640PM		Stretch (30) Main Studio Felipe					

645PM			ZUMBA (45) Main Studio Alycia				
655PM	BODYPUMP (45) Main Studio Wayne						

