

GROUP FITNESS CLASSES

TIMETABLE

FROM
OCTOBER 2024

	MON	TUES	WED	THURS	FRI	
MAIN STUDIO	6:00 AM		Functional Fitness 45min (Karen)			
	9:00 AM			Gym Strength 45min (Narelle)	Gym Strength 45min (Bec)	
	9:30AM	Beginners Hour 1 hour (Instructor supported)	Beginners Hour 1 hour (Instructor supported)			
	10:00 AM			Tai Chi 45min (Narelle)	Core & Tone 45min (Bec)	
	10:30 AM				Active Longer 45min (Narelle)	
	12:00 PM	BODYPUMP 45min (Bec)	Balance & Stretch 45min (Narelle)		Balance & Stretch 45min (Narelle)	BODYPUMP 45min (Bec)
	1:30PM				Beginners Hour 1 hour (Instructor supported)	
	4:00 PM			Teen Gym 4pm – 7pm (Gym Floor)		
	5:00 PM		Boxing 45min (Karen)	Instructor Supported		
	6:00 PM			Strength and Conditioning 45 minutes (Narelle)		

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change | * Separate fees apply for SwimFit