

GROUP FITNESS STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.15am	 MDS 45						
6.30am		BODYPUMP Noura 55	 Yvette 45	BODYPUMP Ryan 55			
7.00am					GRIT Series Chris C 30		
7.30am	NEW Open Vinyasa Joanna 55	YOGA Shelley 55	PILATES Sonia 55	BODYBALANCE Ryan 55	PILATES Sonia 55	 Chris C	
8.30am						 Chris C	
9.00am			SENIOR POSTURAL Cris 55	FUNCTIONAL STRENGTH Sarah 55	SENIOR STRETCH & BALANCE Cris/Kathy 55		BODYPUMP Laurie 55
9.30am	SENIOR CEREBRAL Nat 45					BODYCOMBAT Linda 55	
10.30am	SENIOR CEREBRAL Nat 45						
10.45am						Strength Flow Pilates Maëva 55	
11.00am					THE WORKS Avril 55		
12.00pm						Forge & Flow Paul 55	
12.30pm	LM Strength Development Nat 45			GRIT Strength Nat 30	 Nat		
1.10pm			BODYPUMP Noura 55	 Kelly 30			
4.00pm						BODYPUMP Cecilia 55	
4.15pm		BODYPUMP Rhiannon 45					
4.30pm	 Sophie 30		LM Strength Development Nat 30	 Sophie 30	BODYATTACK Sophie 45		
5.00pm		 Karola 30					BODYBALANCE Rebecca 55
5.10pm	BODYATTACK Sophie 45		BODYATTACK Karola 45	BODYBALANCE Adro 45			
5.30pm		GRIT Series Karola 30			BODYPUMP Linda 55		
5.45pm							
6.00pm	BODYPUMP Chris 45		 Rose 40	Combat Express Mel Q 30			
6.15pm		 Karola 45					
6.30pm					 Linda 45		
6.45pm	BODYCOMBAT Igor 45		BODYPUMP Linda 45	 Mel			

AQUA							
	MON	TUE	WED	THU	FRI	SAT	SUN
11.30am						AQUA Amy 45	
12.00pm			AQUA Anita 50				
12.10pm	AQUA Trish 50						



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GROUP FITNESS TIMETABLE

TIMETABLE EFFECTIVE AS OF NOVEMBER 2ND

CYCLE STUDIO							
	MON	TUE	WED	THU	FRI	SAT	SUN
6.15am			sprint Nat 30				
6.30am	RPM Sam 45				RPM Christa 45		
7.00am		 THE TRIP		 THE TRIP		 THE TRIP	
8.00am							 THE TRIP
9.00am						sprint Nat 30	
9.30am		 THE TRIP		 THE TRIP			
10.00am						 THE TRIP	RPM Rose 45
12.30pm	 THE TRIP	RPM Aram 45	 THE TRIP		sprint Virtual class 30		
1.10pm				RPM Virtual class 45			
4.30pm		 THE TRIP	 THE TRIP				 THE TRIP
5.00pm						RPM Cecilia 45	
5.30pm	sprint Rose 30			RPM Sophie 45			
6.00pm					 THE TRIP		
6.10pm		RPM Christa 45					
6.15pm			RPM Chris C 45			 THE TRIP	
6.30pm				 THE TRIP			

SUSAC GYM FLOOR							
	MON	TUE	WED	THU	FRI	SAT	SUN
12.30pm							
5.30pm			Strength & Conditioning Nat 30				

BOXING GYM							
	MON	TUE	WED	THU	FRI	SAT	SUN
1.10pm				 Nat 30			
5.15pm	 Aram 45						



CLASSES WITH THIS SYMBOL NEED YOUR LOVE TO KEEP THEM ON THE TIMETABLE!