

GROUP EXERCISE TIMETABLE

LIVE 22nd JANUARY 2024

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| MONDAY |  |  |  |  | TUESDAY |  |  |  |
| TIME | CLASS | INSTRUCTOR | STUDIO |  | TIME | CLASS | INSTRUCTOR | STUDIO |
| 07.00-07.30 | Synergy Rig Circuit | Gym Team | Gym |  | 07.00-07.30 | \*V\* Indoor Cycle | Virtual | Cycle |
| 09.15-10.00 | Indoor Cycle |  Trish |  Cycle  |  | 09.00- 09.45 | Aqua Fit | Trish | Pool |
| 09.15-10.00 | Aqua Zumba | Jo | Pool |  | 09.30-10.15 | LesMills BodyCombat | Juliet | Main |
| 10.15-11.15 | Pilates | Jade | Mind & Body |  | 10.00- 10.45 | Aqua Fit | Trish | Pool |
| 10.15- 10.45 | Body Sculpt | Trish | Main |  | 10.30-11.15 | Pilates | Juliet | Mind & Body |
|  |  |  |  |  | 12.30-13.00 | \*V\* Indoor Cycle | Virtual | Cycle |
| 18.00-19.00 | Pilates | Tatjana | Mind & Body |  |  |  |  |  |
| 18.00-18.45 | LesMills BodyPump | Rob | Main |  | 18.00-18.45 | Zumba | Sarah | Main |
| 18.30-20.00 | Improver’s Club Night |  | Tennis Courts |  | 18.30-19.30 | Yoga Vinyasa | Jade | Mind & Body |
| 19.00-20.30 | Men’s Club Night |  | Tennis Courts |  | 19.00-19.30 | HIIT | Gym Team | Main |
| 19.00-19.30 | Circuits | Gym Team | Main |  |  |  |  |  |

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| WEDNESDAY |  |  |  |  | THURSDAY |  |  |  |
| TIME | CLASS | INSTRUCTOR | STUDIO |  | TIME | CLASS | INSTRUCTOR | STUDIO |
| 07.00-07.30 | HIIT | Gym Team | Main |  | 07.00-07.30 | \*V\* Indoor Cycle | Virtual | Cycle |
| 09.15-10.00 | Indoor Cycle |  | Cycle |  | 09.00-09.45 | Cardio Tennis | Eduardo | Courts |
| 09.30-10.30 | PIlates | Tatjana | Mind & Body |  | 09.30-10.15 | Step & Tone | Natasha | Main |
| 12.30-13.00 | \*V\* Indoor Cycle | Virtual | Cycle |  | 10.30-11.15 | Keep Active | Sarah | Main |
|  |  |  |  |  | 12.30-13.00 | \*V\* Indoor Cycle | Virtual | Cycle |
| 18.00-19.00 | Cardio Mix | Georgina | Main |  | 18.00-19.00 | LesMills BodyAttack | Alex/Giorgio | Main |
| 19.00- 19.45 | Aqua Fit | Trish | Pool |  | 19.15-19.45 | Circuits | Gym Team | Main |
| 19.30- 20.30 | Yogalates | Jade | Mind & Body |  | 19.30-20.15 | Aqua Zumba | Jo | Pool |

PTO FOR FRIDAY- SUNDAY

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| FRIDAY |  |  |  |  | SATURDAY |  |  |  |
| TIME | CLASS | INSTRUCTOR | STUDIO |  | TIME | CLASS | INSTRUCTOR | STUDIO |
| 07.00-07.30 | Synergy Rig Circuit | Gym Team | Gym |  | 08.00-09.00 | Body Pump | Rocky | Main |
| 09.15-10.00 | Indoor Cycle | Rob | Cycle |  | 09.15-10.00 | Indoor Cycle | Matt | Cycle |
| 09.30-10.15 | Zumba | Sarah | Main |  | 10.00-11.00 | Pilates |  | Mind & Body |
| 09.30-10.15 | Aqua Fit |  | Pool |  | 10.15-10.45 | Circuits | Gym Team | Main |
| 10.30-11.15 | Aqua Fit |  | Pool |  |  |  |  |  |
| 10.30-11.30 | Ballet Fit | Aggy | Mind & Body |  | SUNDAY |  |  |  |
| 12.30-13.00 | \*V\* Indoor Cycle | Virtual | Cycle |  | TIME | CLASS | INSTRUCTOR | STUDIO |
|  |  |  |  |  | 09.30-10.00 | Bootcamp | Gym Team | Main |
| 18.00-18.45 | \*V\* Indoor Cycle | Virtual | Cycle |  | 11.00-11.45 | \*V\* Indoor Cycle | Virtual | Cycle |
| 18.00-18.45 | Cardio Tennis | Dan | Courts |  |  |  |  |  |
| 19.00-19.30 | Core Blast | Gym Team | Mind & Body |  |
| 19.00-21.00 | Intermediate Club Night |  | Courts |  |