

GROUP FITNESS TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6am	Rpm®	Rpm®	BODY PUMP®	Rpm®	BODY PUMP®	8.15am	Rpm®
9.30am	BODY PUMP®	BODY COMBAT®	Step/Pump Combo	BODY STEP ®	BODY ATTACK®	8.15am	YOGA (Mezz floor)
10.30am	BODY VIVE®				BODY VIVE®	9.00am	BODY PUMP®
12.30pm		BODY BALANCE®		BODY BALANCE®		10.00am	BODY COMBAT®
4.00pm		ACTIVE TEENS				11:00am	BODY JAM®
4.30pm	BODY STEP ®	BODY PUMP®	BODY STEP ®	BODY JAM®	BODY ATTACK®	9.30am	Sunday
							Rpm®
5.30pm	BODY PUMP® (Rec Centre)	BODY ATTACK®	BODY COMBAT®	BODY PUMP®	BODY COMBAT®	9.30am	BODY ATTACK®
6.00pm	Rpm®	Rpm®	Rpm® (60mins)	Rpm®		10.30am	BODY PUMP®
6.30pm	BODY COMBAT® Limit 45 participants	BODY STEP ®	BODY JAM® Limit 50 participants	BODY ATTACK®	BODY BALANCE®	11.30am	BODY COMBAT ® EXTREME
	Boot Camp (6:45pm start Rec Centre)	Fighting Fitness (Rec Centre)				3.30pm	BODY JAM®
7.30pm	BODY COMBAT® ROUND 2		BODY BALANCE® <hr/> Yoga - Room 10			4.30pm	BODY BALANCE®

Timetable subject to change at anytime